

Rejuvenate collagen naturally with Florasil®.

Think thin hair, weak, brittle nails and less-than-supple skin are inevitable? Think again. These telltale signs of aging may be associated with a mineral deficiency. Florasil® is the ultimate, plant-based mineral makeover. The silica in Florasil® helps reverse some of the effects of aging by rejuvenating collagen and providing valuable nutrients your body is thirsting for. Long hair, fewer wrinkles and strong nails? They're all within your reach. Say "goodbye" to the effects of time, and say "hello" to Florasil® – it's time to let your natural beauty shine. #HelloBeautiful



Gluten-Free | Non-GMO | Vegan



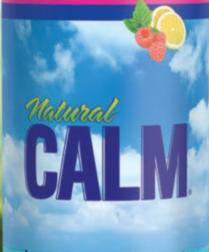




The **Better** Magnesium.

Organio Raspberry-Lemon Flavour Saveur de framboise-citron diologique

BETTER ABSORBING, BETTER TASTING, BEST LOVED



lonic Magnesium Citrate Powder Drate de magnésium en poudre ionique

8 oz / 226 g

naturalcalm.ca

Proceeds after business expenses are donated to Thrive (formerly Organics 4 Orphans)

Organics 4 Orphans is now Thrive!

By changing our name, we've embraced that our impact extends beyond specific people or demographics. It's a movement that empowers individuals and communities to grow nourishing food and life-saving natural medicines so they can THRIVE.

We are world changers that believe extreme poverty can be eradicated in our lifetime.



PLANTING HOPE. HARVESTING CHANGE. thriveforgood.org

COVER

PHOTOGRAPHY: ANGUS FERGUSSON
FOOD STYLING: ASHLEY DENTON | JUDY INC
PROP STYLING: LAURA BRANSON | STILL LIFE PROPS
SURFACE PAINTING TIM ZELTNER | 121 ART

THIS PAGE

PHOTOGRAPHY: GEOFFREY ROSS

ON THE COVER

- 32 DAILY HABITS THAT SABOTAGE YOUR LIFE
- 34 THE NEW WAY TO MANAGE YOUR STRESS
- 38 FIRST AID FOR YOUR BRAIN!
- 68 HEALTHY SUMMER GRILLING + THE SECRET SPICE THAT SEALS THE DEAL
- 74 NEWS FLASH: IT'S OK TO HATE AVOCADO

IN EVERY ISSUE

- **5 EDITOR'S LETTER**
- 8 LETTERS TO THE EDITOR
- 9 **NEWS UPDATES:** TRENDS AND TIPS IN FITNESS, NUTRITION, WELLNESS AND STYLE
- 24 BEST ADVICE: OUR EXPERTS WEIGH IN ON SEX, MONEY, SKIN SECRETS AND MORE!
- 88 STAY CONNECTED WITH US ONLINE + WHERE TO BUY WHAT'S IN THIS ISSUE

NAIL THESE BOLD SUMMER SHADES

BEST YOU

32 THE TEN

Want long-term health? Here are the habits to ditch.

MIND OVER MATTER 34

Meditation is your secret weapon against stress.

38 HEADFIRST

Mental health first aid is a thing. Here's what you should know.

42 FAST AS YOU CAN

Fasting is having a moment but are the touted benefits legit?

46 SAVE OUR KIDS, STOP THE **ANTIVAXXERS**

> What we can learn from Europe's anti-vaccination movement.

50 VISION QUEST

How Sophie Boulanger, founder of chic eyewear line BonLook, set her sights on success.

54 IT'S SHOULDER SEASON

Six simple moves to sculpt these important muscles.

60 NEW YORK STATE OF MINDFUL

A getaway to NYC is the surprisingly relaxing wellness trip you need in #Summer19.



BEST EATS

NUTRITION NATURALLY

The all-star spice that makes grilling meat safer.

SUMMER SIZZLE

BBQ recipes that don't skimp on health (or flavour).

HUNGER GAMES

Here's why you should stop banishing junk food (yes, you read that right).

BEST LOOKS

78 EDITOR'S FAVES

The best glow-getters in the beauty game.

79 HOW TO FIND A FLATTERING SWIMSUIT

Think swimsuit shopping is tough? Read this.

80 **SUMMER HAIR S.O.S.**

> Your skin's not the only thing that needs protection from summer heat.

83 THE BOLD AND THE BEAUTIFUL

Vibrant summer colours for nails, lips and eyes.

CONTEST SUBMISSIONS POLICY: Original contributions from readers (text and photo) become the property of Reader's Digest Magazines Canada Limited and its affiliates upon publication. Submissions may be edited for length and clarity and may be reproduced without notice or compensation in all print and electronic media. Receipt of your submission can't be acknowledged.



iCK; CLOCK, ISTOCK; EXERCISE IMAGE, KEVIN CLARK; XIAO NAN YU, COURTESY OF THE NATIONAL BALLET OF CANADA TURMERIC, ISTC

BOXER ENGINE

THE SUBARU BOXER ENGINE'S LOW CENTRE OF GRAVITY GETS ME AS CLOSE TO THAT "RALLY DRIVER" FEELING AS A FAMILY SUV EVER WILL.



TOWING CAPACITY

I DON'T EVEN KNOW WHAT I'D DO WITH 5000LBS OF TOWING CAPACITY, MAYBE I'LL GET A BOAT? BUT LIKE, A BIG BOAT.

2020 ASCENT

SUNROOF

BEST RESPONSE TO KIDS FIGHTING IN THE BACK SEAT IS OPENING THE SUNROOF AND EVERY WINDOW. WHEN YOU DO THAT, TWO THINGS CAN HAPPEN.

EITHER THE SUDDEN, POWERFUL WINDSTORM FORCES A TRUCE, OR YOU JUST STOP BEING ABLE TO HEAR THEM.

OFF-ROAD CAPABILITY

NOTHING SAYS CAPABILITY LIKE HAVING STANDARD SYMMETRICAL FULL-TIME ALL-WHEEL DRIVE, STANDARD X-MODE, AND HIGH GROUND CLEARANCE.



The New 3-Row Subaru Ascent. The Perfect Family SUV for your Mostly Perfect Family. Learn more at subaru.ca/ascent



*Available with 7 or 8 passenger seating capacity. Some features described or shown may not be standard features or equipment. Model shown is 2020 Ascent Limited CVT (LT2 L8). t®EyeSight is a driver-assist system, which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. See your local Subaru dealer for details. Ascent and Subaru are registered trademarks.



CHRISTOPHER DORNAN

CHAIRMAN OF THE BOARD The Reader's Digest Magazines Canada Limited

BETH THOMPSON

EDITOR-IN-CHIEF

ART DIRECTOR JACKIE SHIPLEY

MANAGING EDITOR COURTNEY REILLY-LARKE

DIGITAL EDITOR MELISSA GREER

BEAUTY AND STYLE DIRECTOR INGRIE WILLIAMS **ASSISTANT DIGITAL EDITOR** ALYSSA BALL

EDITORIAL ASSISTANT JELA TEJADA

COPY EDITOR CORINNA REEVES

CONTRIBUTORS

Caitlin Agnew, Laura Branson, Lisa Brookman, Jordan Campbell, Kevin Clark, Tricia Clark, Kate Daley, Jennifer Danter, Ashley Denton, Angus Fergusson, Lisa Fitterman, Rebecca Harper, Reisha Harper, Peter Levidis, Jeff Mayhew, Karen Robock, Geoffrey Ross, Bonnie Schiedel, Meghan Telpner, Amanda Vogel, Elizabeth Wiener, Tim Zeltner

FACT CHECKERS

Courtney Reilly-Larke, Jela Tejada

DOMINIQUE RITTER

EDITOR-IN-CHIEF, READER'S DIGEST CANADA

CONTENT OPERATIONS MANAGER LISA PIGEON **CIRCULATION DIRECTOR** EDWARD BIRKETT

THE READER'S DIGEST ASSOCIATION (CANADA) ULC

PRESIDENT BRIANKENNEDY LEGAL BARBARA ROBINS

MAGAZINE PRODUCT MANAGER MIRELLA LIBERATORE

NATIONAL SALES DIRECTOR, CANADA

JAMES ANDERSON

NATIONAL ACCOUNT EXECUTIVES, CANADA

SUZANNE FARAGO (MONTREAL) ROBERT SHAW (VANCOUVER) MELISSA SILVERBERG (TORONTO) 121BLOOR ST. E, STE. 430, TORONTO, ON M4W 3M5

MARKETING AND RESEARCH DIRECTOR

KELLY HOBSON

HEAD OF PROGRAMMATIC & AD OPERATIONS, CANADA

ADAMO CALAFATI

HEAD OF MARKETING SOLUTIONS AND NEW PRODUCT

DEVELOPMENT, CANADA MELISSA WILLIAMS

SENIOR PROJECT MANAGER

MERIWARD

PRODUCTION MANAGER LISA SNOW

TRUSTED MEDIA BRANDS INC.

CHIEF EXECUTIVE OFFICER BONNIE KINTZER EDITOR-IN-CHIEF, INTERNATIONAL MAGAZINES RAIMO MOYSA







PRINTED AND PUBLISHED SIX TIMES A YEAR BY THE READER'S DIGEST MAGAZINES CANADA LIMITED.*



We acknowledge with gratitude the financial support of the Government of Canada. / Nous remercions le Gouvernement du Canada pour son appui financier.

SUBSCRIBER SERVICE

Pay your bill, view your account online, change your address and browse our FAQs: besthealthmag.ca/contact

Email: customer.service@besthealthmag.ca

Write: Reader's Digest, Customer Care Centre, P.O. Box 970, Stn. Main, Markham, ON L3P 0K2

EDITORIAL OFFICE

121 Bloor Street East, Suite 430 Toronto, ON M4W 3M5 Email: besthealthmag@rd.com Website: besthealthmag.ca For our submissions policy, please turn to page 2

Reader's Digest maintains a record of your purchase and sweepstakes participation history for customer service and marketing departments, which enables us to offer the best service possible, along with quality products we believe will interest you. Occasionally, to allow our customers to be aware of other products and services that may be of interest to them, we provide this information to other companies. Should you wish, for any reason, not to receive such offers from other companies, please write to: Privacy Office, Reader's Digest, 5101 Buchan Street, Montreal, QC, H4P 1S4. You may also write to this address if you no longer wish to receive offers from Reader's Digest, or should you have any questions regarding your record or wish to examine or correct it.

Vol. 12, No. 3. Copyright © 2019 by The Reader's Digest Magazines Canada Limited. Reproduction in any manner in whole or in part in English or other languages prohibited. All rights reserved throughout the world. Protection secured under International and Pan-American copyright conventions. Publications Mail Agreement No. 40070677. Postage paid at Montreal. Return undeliverable Canadian addresses to The Reader's Digest Magazines Canada Limited, 300-5101 Buchan Street, Montreal, QC, H4P1S4.

The opinions expressed herein are those of the respective authors and not necessarily those of Best Health or Reader's Digest. Neither Best Health nor Reader's Digest will be liable for any damages or losses, howsoever sustained, as a result of the reliance on, or use by a reader or any other person of, any information, opinions or products expressed or contained herein.

TO SUBSCRIBE

besthealthmag.ca (Click on "Subscribe")

Best Health publishes 6 issues per year and may occasionally publish special issues (special issues count as two), subject to change without notice. Subscriptions, \$26.97 a year, plus \$7.99 postage, processing and handling. Please add applicable taxes. Outside Canada, \$47.96 yearly, including postage, processing and handling. (Prices and postage subject to change without notice.) ISSN 1919-0387

4 JUNE | JULY 2019 best health besthealthmag.ca



I'M GRINNING FROM EAR TO EAR

WHY? WELL, IT'S (ALMOST) SUMMER, AND WITH that comes a giddiness no other season evokes. Long weekends and days stretched out in light and warmth make everything in life seem fun and easy.

Finally, we can shed our layers without fear of reprisal for not packing a puffy coat.

Finally, we can plan a barbecue without worrying that a polar vortex will cancel our plans.

Finally, we can meander over to the garden store to look for new blooms without dreading that everything we plant will die in a late-breaking frost.

Yep, summer is definitely worth smiling about! But that doesn't mean you should throw caution to the wind when in comes to celebrating it.

For starters, can we talk about sun health? This spring, I was diagnosed with skin cancer on my leg, as well as a few precancerous spots on my face. I have used sunscreen faithfully for the past two decades, but, alas, I'm a product of that '70s sunshine mantra: The more the better. Tanning lotion, not screening lotion, was the order of the day, as was using reflectors to intensify the sun's UV rays. Writing this sounds absolutely ridiculous, but it was the way of the world not so long ago.

The good news is, most skin cancers found early are easily taken care of, never to reappear. So, please be sun smart. To avoid a cancer scare like mine, you need to slather on the lotion (see "Block Party") and check for spots or new growths whenever you do so - it could save your life.

And, while summer wouldn't be complete without a few legendary barbecue bashes, we need to practise safety here, too. No joke, grilling over high heat can be carcinogenic. Thankfully, there are workaround ideas, and our top-notch health writers have found them. In a two pronged approach, natural nutrition columnist Meghan Telpner reveals the secret spice that offsets the dangerous, cancer-causing chemicals that can result from barbecuing, while food writer extraordinaire Jennifer Danter follows up with a number of grilling recipes that incorporate that seasoning. Curious to know the spice? Check out this issue's Nutrition Naturally column.

Speaking of food, hot weather can melt our resolve when it comes to eating well. Why sweat it out over the stove when there are so many fastfood options at the ready? While there's nothing wrong with indulging every now and again, be on the alert for treats that turn into habits. In this issue's Hunger Games column, health writer Karen Robock examines the world of junk food addiction. What I love about this piece is the innovative thinking that Karen puts forth to deal with these threats. Number one: Don't eat healthy foods just because. It's much better to build meals around foods you actually like rather than eat what's trending as healthy fare. So, if kale, avocado and bone broth don't flip your switch, don't eat them. Isn't that a refreshing breeze of advice on a hot summer day?

I hope that you enjoy this issue and it leaves you grinning from ear to ear with inspiration for fun and easy ways to get healthy. Let me know what you think at editor@besthealthmag.ca. I'll get back to you right after I slather on the SPF. M

Beth Thompson Editor-in-Chief Follow me on @bestbeth2





GET INTO THE BEST SHAPE OF YOUR LIFE FOR THIS SUMMER WITH

YOUR ONE STOP HEALTH FOOD STORE



Over 16,000 health &

wellness products



Short for ketogenic, keto is a low-carb, high-fat diet that can help you burn fat more effectively and may provide weight loss, health and performance benefits. On the keto diet, the liver produces "fuel molecules" called ketones from stored fat, which force the body to burn fat for energy instead of glucose. The body converts excess carbs or protein into glucose, so keeping these levels low to moderate will help you stay in the fatburning state of ketosis.

6AM MORNING WORKOUT:

When starting your morning with a workout, the best way to enhance your run, weightlifting or high-intensity interval training (HIIT) session is to have one or two scoops of pre-workout or branched-chain amino acids (BCAAs) mixed in water. Choose a keto-specific blend that will boost energy, enhance focus, protect muscle mass and promote ketosis.

9AM EXTRA CAFFEINE BOOST:

If you savour your morning coffee and can't go without a creamer, choose a sugar-free option that's packed with healthy fats and try low-glycemic sweeteners like stevia, erythritol or monk fruit that are low in carbs and won't spike your blood sugar. For a delicious high-fat breakfast, maximize your coffee or tea with stevia, coconut milk and MCT oil (a.k.a. oil made from medium-chain triglycerides), which has been shown to optimize the growth of good bacteria and support the gut lining.

12PM LUNCH TIME:

Choose foods that are high in healthy fats, moderate in protein and low in carbs—think nuts, avocado, olive oil, salmon and eggs—and don't forget to top up on low-carb vegetables like leafy greens. When you're on the go, a protein shake is an easy option to help you stay on track. Look for protein powder that's free of added sweeteners and includes MCTs to help you stay satiated and hit your fat macros.

3PM REHYDRATION:

Make sure you drink plenty of water throughout the day while on a keto diet because low carbohydrate intake means you may store less water. Drinking fluids such as miso soup or bone broth with sea salt, as well as eating fermented vegetables, will boost electrolytes such as sodium, potassium and magnesium.

9PM BEDTIME RITUAL:

For an extra burst of nutrition before bed, look for 100-percent pure cold-pressed coconut oil capsules. They'll provide a rich source of MCTs, which will provide antioxidant protection and give your body a slow release of energy throughout the night.





Missed these articles? You can read them online at besthealthmag.ca

DEAR READERS, THANKS FOR YOUR FEEDBACK ON OUR APRIL/MAY ISSUE!

I believe that everyone needs encouragement and guidance to stay healthy and this is what *Best Health* provides for me. It's my go-to magazine for advice in health, beauty and product knowledge. Thumbs up! *Best Health*, you are better every single time.

KAREN YURKEWICH

I love that the April/May Best Health addressed issues for all ages and stages of womanhood. Many of us need to understand that as we age, we'll need a little help from different sources to keep us feeling young (energetic and pain-free) like we did in our 20s and 30s. Our bodies are changing and with the help of advice from experts and magazines like Best Health, we can learn about new products and breakthroughs. Thank you for such excellent work.

DEBORAH ODMAN

I particularly enjoyed "Tame Your Late-Night Cravings" in the April/ May issue because I have a weakness for snacking when I watch Netflix. I also appreciate the articles that are for a variety of ages and what changes to expect in our bodies at those milestones. Good mag at a reasonable price.

DANIELA BODMAN

Everyone has a favorite section of their favorite magazine. When it comes to *Best Health*, my go-tos are the Best Fitness, Nutrition, Wellness and Style News section and the Best Advice section!

These particular always seem to cover the topics that are currently



on my mind! Thank you *Best Health* for these sections!

JOAN GERUN

I just happened upon *Best Health Magazine* and it was love at first glance. Page after page it was instant chemistry. Best magazine I have ever read.

AGGIE CAMPAGNI

Just finished reading your latest edition. I picked it up as I was curious to see what you were saying about people in different age groups. However, I was quite dismayed when I noticed that you limited your suggestions for those up to (and including?) 60 years of age. I am turning 71 in July, and go to high-impact aerobics classes five (sometimes six) days a week, along with other women who are 70 and over. Life does continue after 60. And 70. And 80. And 90. And no doubt 100. The key is having a positive attitude and continuing with an activity that is suitable for your life style and level of health. Best of health to you all. **JANE LUTES**

Ed Note: Our 60+ category was meant to include women over 60; we apologize for not communicating that effectively. You are an inspiration to all!

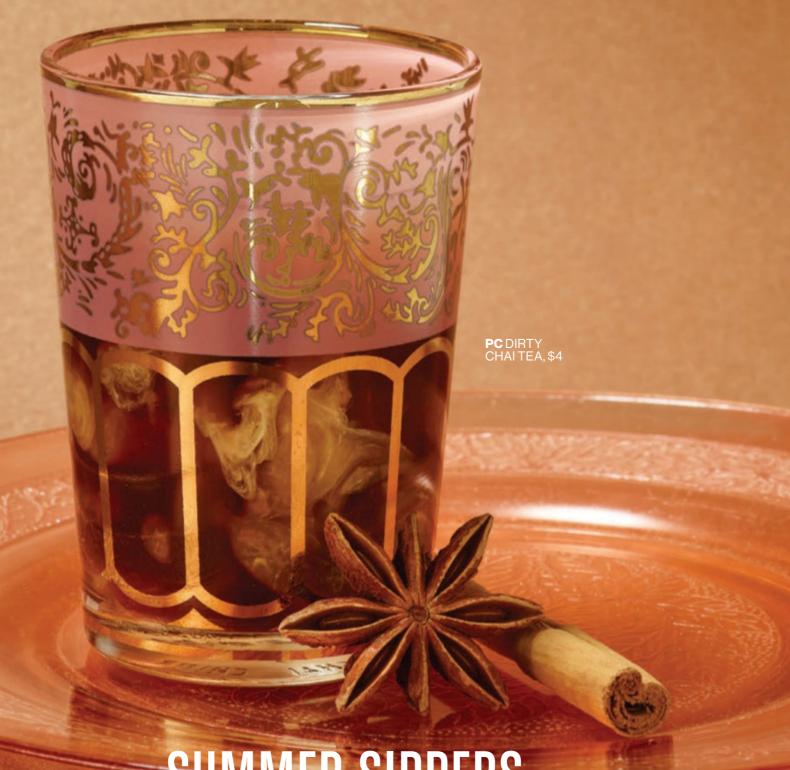


Tell us how Best Health adds meaning or value to your life and you could win! One (1) winner will be awarded one (1) SodaStream FIZZI valued at **\$120.** Send an email to besthealthmag@rd.com with Write + Win in the subject line and answer the following question (in 80 words or less): "What do you love about Best Health's June/July 2019 issue or Best Health in general?" Published letters may be edited for clarity. For a complete set of contest rules and more information on this contest, please visit besthealthmag.ca/writeandwin.

PRIZE MAY NOT BE EXACTLY AS SHOWN. CONTEST (BEST HEALTH WRITE + WIN LETTERS TO THE EDITOR SKILL-TESTING CONTEST) CLOSES ON JULY 12TH, 2019 AT 23:59:59 (EDT).

BEST NEWS

TIPS + TRENDS



SUMMER SIPPERS

Cutting back on sugar? We applaud your efforts. Here's a tip: the best place to start is with your beverages. Among Canadians, drinks top the chart of sugar consumption. But don't worry, we've got plenty of streamlined suggestions.

by COURTNEY REILLY-LARKE | photography by GEOFFREY ROSS

The World Health Organization recommends limiting sugar to 12 teaspoons a day, but Canadian consumption comes in at about 20, with the bulk of that in the form of fluids. Try these simple solutions that cut down on the sweet stuff without affecting your enjoyment levels. After all, summer's too short to make big sacrifices.









THE SWAP

Watermelon Slush $(355 \, ml)$

HOW

Combine 1 cup seedless watermelon, 2 or 3 ice cubes, 3 mint sprigs and a splash of lime juice and blend until smooth.

THE SAVE

114 cal + 32 grams sugar

THE SWAP

Grape fruit Fresca $(448 \, ml)$

HOW

Combine 1 cup soda water with 1/2 cup freshly squeezed grapefruit juice and a handful of ice and add stevia for extra sweetness.

THE SAVE

114 cal + 32 grams sugar

 $DavidsTea\ Organic$ La La Lemon on ice $(500 \, ml)$

HOW

Add 1 to 2 tbsp tea leaves to 295 mL hot water, steep for five minutes and top with ice.

THE SAVE

160 cal + 43 grams sugar

THE SWAP

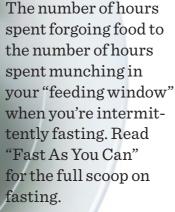
Truly Spiked & Sparkling Rosé $(355 \, ml)$

HOW

Couldn't be simpler. Just chill and enjoy.

THE SAVE

72 cal + 4 grams sugar



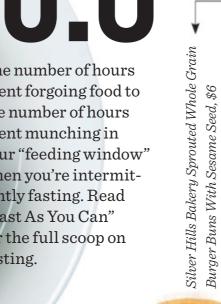
SPROUT IT OUT

Sprouted grains are

seeds that

have begun to grow but aren't quite fully plants.

These grains have higher levels of available nutrients – such as folate, iron, vitamin C, zinc, magnesium and protein – than mature grains. The process also breaks down the grain's starchy endosperm, so they're easier to digest, too. Win-win.



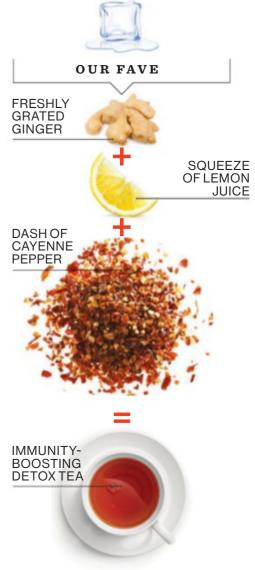








It's time to think outside the cube and use this kitchen staple for great nutrition hacks. Freeze your latest batch of homemade pesto and pop out the cubes as needed to heat over pasta and veggies for a quick solo meal. Or, boost your immunity by freezing these ingredients in your tray to make this healthy tea a daily ritual. Simply pop out a cube and top with boiling water.





THE REDUCTION IN RISK OF HEART ATTACK OR STROKE FROM LIFTING WEIGHTS FOR JUST AN HOUR A WEEK



MIND OVER FLATTER

Trying to get a beach bod? Focus on strength instead. A 2018 study from the *Journal of Clinical Sport Psychology* showed that, while working out improved women's mood and body satisfaction, they felt even better when the instructor's commentary focused on strength and wellbeing rather than weight loss or appearance.

5 WAYS WITH A... MEDICINE BALL



A medicine ball is your old-school tool for full-body conditioning. Geoff Wintonyk, a senior instructor at Fit Factory Fitness, shows us how to use a medicine ball, with moves that can be performed by anyone, whether you're a gym newbie or total pro.



BALL SLAM

Plant your feet, hold the medicine ball overhead and reach back until you feel your abs stretch out. Slam the ball straight down to the floor as hard as you can. Squat down, lift the ball up again and repeat.



SQUAT TOSS

Stand with your knees slightly bent and feet shoulder width apart. Hold the ball in front of your chest, engage your core and sit back into a squat position. Stand up with quick, explosive movement, toss the ball over head and catch it.



DEADLIFT

Place the ball on the floor directly in front of you and stand with your feet shoulder width apart. As you bend down to grab the ball, push your hips back and drive your knees out. Keep your back flat, core engaged and chest forward. Drive through your heels, extend out of the squat and stand up with the ball.



SIT-UP

Lie face up, with your knees slightly bent and feet flat on floor, and extend the ball overhead. Squeeze your abs tightly to raise the ball in front as you sit up. Lower yourself back to your starting position, allowing the medicine ball to touch the floor, and repeat.



SPLIT JUMP

Hold the ball and assume the bottom of the lunge position: front foot forward, knee bent but not over the toe and back knee almost touching the floor. Extend out of the lunge, pushing off with both legs. Jump as high as possible and swing the ball to gain momentum and height as you switch legs.



After 22 years with the National Ballet of Canada, principal dancer **Xiao Nan Yu** is finally hanging up her slippers. We caught up with her as she prepares for her last dance.

BEST SORE MUSCLE CURE

A hot bath, massage and sleep.

BEST WORKOUT FUEL

A Biosteel sports drink – it's like Gatorade but without the sugar. For food, I like to have a White Chocolate Macadamia Nut Clif Bar – it gives me energy, but doesn't fill me up too much and lasts a good amount of time.

BEST BEAUTY TIP

Lots of water and face masks every day. I do a sheet mask when reading at night or I sometimes put a cream mask on and sleep in it.

BEST PICK-ME-UP

Music.

BEST DAY

At work, when I finish my run-through or rehearsal better than the time before. Personally, when I spend time with my kids and family.

is running from June 19 to 23 in Toronto, at the Four Seasons Centre for the Performing Arts.

THE NUMBER OF CANADIANS WHO CHECK THEIR WORK EMAILS ON VACATION. FOR HEALTH'S SAKE, DON'T BE ONE OF THEM.

nomophobia [no-mo-fo-bia]

The fear of being without your smartphone. Literally taken from "no mobile phone phobia," this word describes the anxiety that some individuals experience when they lose their phones, run out of battery or can't get cell service.

ISTOCK



WHAT IS COLLAGEN?

Think of it as a building block, providing strength and structure for our connective tissues. It's a protein made up of long chains of linked amino acids, and it's the most abundant source of protein in our bodies. Translation: collagen is essential for the function of our skin, blood vessels, muscles, tendons, ligaments, bones and the digestive system.

WHY IS IT IMPORTANT?

Once we hit our early 20s, our natural collagen production declines by about 1.5 percent per year. However, consuming collagen has been found to curb this natural decline.

HOW MUCH DO I NEED?

We recommend taking 10 grams of high-quality collagen each day (look for local "wildcaught" marine collagen and "grass-fed" bovine collagen). Also, dietary collagen is hydrolyzed, meaning it contains a smaller molecular structure

and, once ingested, becomes available as peptides in your bloodstream.

BEST WAY TO TRY IT?

I prefer powdered collagen – it is flavourless and dissolves into liquids like water, smoothies and coffee, making it easy for your body to digest and absorb. Often, ready-to-drink liquid collagens have other ingredients in them and aren't in pure form. Pills are probably my least favourite option because you can't fit much into a capsule, so you'll have to take several of them. Drinking bone broth is a good way to ingest collagen because it's a whole food and contains other nutrients, too.

WHY IS IT SO BUZZY?

The main dietary source of collagen is derived from animals - more specifically, the parts of the animals that aren't popular in today's recipes. Traditional diets that included the whole animal were also rich in gelatin, the precursor to collagen. [Short anwser: Diets have changed, so now we need it.]

HOW GROSS IS YOUR... **TOOTHBRUSH HOLDER?**



You use your toothbrush to clean your mouth, but when is the last time you cleaned your toothbrush holder? According to National Sanitation Foundation International. your toothbrush holder harbours coliform bacteria, an antibiotic-resistant strain of staph bacteria and mould. Blech! Whether you keep your toothbrush in a cup or you store your electric toothbrush heads in an enclosed case, you should clean it at least once a week. Pop it in the dishwasher or wash it in hot, soapy water and finish with a disinfectant wipe.

THE LAST STRAW

Summer, meet your perfect purse.
This Canadian-designed cutie
instantly upgrades any outfit to
Insta-worthy. Plus, an added zip
keeps your goods secure.

SUITS/YOU!

BEST STYLE NEWS

The Saltwater Collective, an emerging Canadian fashion label, offers up a comprehensive line of swimwear created from recycled ocean waste. Yep, you read that correctly! The innovative fabrics are woven from a yarn that's made from abandoned fishing nets and plastic scraps. Sustainable and sexy – now that's a good look. For more info, visit thesaltwatercollective.com

Put away your cold-weather fragrances for a touch of sunny sensuality. Subtle enough to spritz over hair and body, this will become a staple in your summer tote.

DOLCE & GABBANA LIGHT BLUE BODY SPRAY, \$42 FOR 100 ML

Taking Care of Your Gastrointestinal Health Just Got a Little Sweeter

Thanks to the Proven Effective Probiotic!"





The #1 Probiotic brand in the world#



The #1 Pharmacist Recommended Probiotic Brand*****



The #1 Pediatrician Recommended Probiotic Brand^{†††}



Guaranteed potency through the expiration



Gluten-free.[▲]

Only **Culturelle Daily Probiotics** contain 100% *Lactobacillus rhamnosus* GG (LGG®), the proven effective, single strain super probiotic. Backed by 30 years of clinical research, you can trust Culturelle® to help support your gastrointestinal health and promote overall health benefits everyday. **Now available in a great-tasting orange chewable!**

Culturelle® The Proven Probiotic#

Learn more at culturelleprobiotic.ca



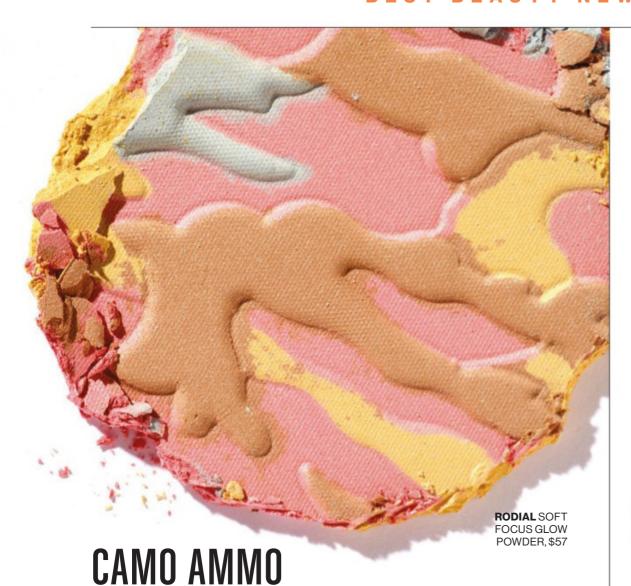
- ‡‡ Based on Nicholas Hall & Company, DB6 Global OTC Database for local brand name. Calendar 2018, Value Share (MSP).
- †† Based on the studies of *Lactobacillus rhamnosus* GG for a range of benefits throughout the lifespan.
- ††† Based on a 2018 U.S. survey among pediatricians recommending a probiotic brand.
- †††† Based on a 2018 U.S. Pharmacy Times OTC Survey.
- *** Guaranteed potency through expiration date on box when stored in a cool, dry place away from light.

 ^ Meets the FDA's guidelines for gluten-free.

Culturelle® is a trademark of DSM. LGG® and LGG logo® are trademarks of Chr. Hansen A/S. Shoppers Drug Mart - ® and TM trademarks of 911979 Alberta Ltd. and is used under license.

Available in the digestive aisle at





These colours remind us of summer sorbets, but that's not why we love it – well, it's not the only reason. Sure, we were drawn to the camo pattern, but it's what this powder does that has us crushing on it. The colour-correcting pigments, entwined with the bronzer, mean that it evens out hot spots while creating an all-over glow. Try it on bare skin for the perfect summer look.





CALLING ALL COLLAGEN

It's what's on the inside that counts, but it can be fun to play with this star ingredient on the outside, too.



This hyaluronic acid formula boosts collagen and elastin production for supple skin.

AGEOFF COLLAGEN BOOST ACTIVATING PEPTIDE SERUM, \$50



EOFFREYROSS

EXTRA STRENGTH / FORTIFIÉ

damage remedy + remède contre les dommages + huile de coco miracle

SHAMPOO

Drench dry, damaged strands with the secret of Maui. This ultra-rich reviving blend with coconut oil, essence of tiare and vanilla bean extract helps to soften and revive strands. Discover silky, soft island girl hair. / Hydratez les mèches desséchées et abîmées avec le secret de Maui. Ce mélange vivifiant ultra-riche formulé avec de l'huile de noix de coco, de l'essence de tiaré et de l'extrait de vanille aide à adoucir et raviver les mèches. Découvrez une chevelure soyeuse de jeune fille des îles.



385 ml e 13fl.oz.



BLOCK PARTY

You know the drill: Before heading outdoors, cover up! Here's our editor-approved collection of SPF products. We promise, there's something for everyone!

1. Hypoallergenic, check. Over 95 percent certified organic, check. Fragrance-free, check. This convenient stick even boasts broad-spectrum SPF 50 sun protection with vitamins D and E for added skincare.

LASPA SPF50 ULTRA SUN STICK, \$18

- 2. This 100 percent mineral lotion is sensitive-skin-friendly and won't leave a white cast. Plus, it's pocket sized and has a matte finish, making it perfect for everyday use with frequent reapplications (read purse-worthy).

 AVÈNE EAU THERMALE VERY HIGH PROTECTION SPF 50+ MINERAL
- **AVÈNE** EAU THERMALE VERY HIGH PROTECTION SPF 50+ MINERAL FLUID, \$28
- **3.** This fragrance-free SPF option delivers brighter, healthier skin thanks to niacinamide (vitamin B3) and an advanced amino peptide complex. **OLAY** TOTAL EFFECTS WHIP SPF 25,\$40.
- **4.** No oils, no fragrance and 25 percent fewer ingredients just 80 minutes of lightweight, water-resistant and sweat-resistant sun protection. **BANANA BOAT** SIMPLY PROTECT SPORT SUNSCREEN LOTION SPF 50+,\$9
- **5.** A mineral formula gentle enough for everyday use, this contains oat to strengthen the skin barrier and vitamin E for added care.

AVEENO SENSITIVE SKIN SPF 50 FACE, \$18

- **6.** This comforting formula melts into skin, not unlike your favourite moisturizer. **LA ROCHE-POSAY** ANTHELIOS XL MELT-IN CREAM SPF 50.\$30
- **7.** This cool design extends your reach so that you can spray the oil-free, water-resistant and sweat-resistant sunscreen everywhere even that hard-to-reach part of your back (you know the one). **NEUTROGENA** ULTRA SHEER FULLREACH DESIGN BODY MIST SUNSCREEN SPF 30, \$16
- **8.** The silky application, light tint and moisturizer will make you rethink your most beloved foundation, but it's the formula's 25 percent zinc oxide that makes it a powerful, natural sun protector.

 $\textbf{CYBERDERM} \, \text{SIMPLY ZINC ULTRA TRANSPARENT SUNSCREEN LOTION}, \\ \textbf{\$52}, \textbf{DETOXMARKET.CA}$

ACTIVE BEAUTY WHAT HAIR WANTS





Q: WHAT SHOULD WE FEED KIDS FOR AFTER SCHOOL PRACTICES?

CAROL: Food timing is everything to optimize performance. Kids are hungry after school, and they need a balanced snack that includes carbs and protein so they can power through and make it to dinner. Try a fruit and yogurt smoothie or half of a nut-butter sandwich.

Q: WHY IS PROTEIN SO IMPORTANT?

CAROL: Protein helps to build muscle and supports muscle recovery after exercise. It also helps kids feel full longer. All proteins aren't created equal. Animal protein like meat, fish and poultry are higher in protein than plants. For example, you would have to eat 11 tablespoons of peanut butter to get the same amount of protein as a grilled steak that's just the size of your palm. Concentrated protein sources are especially important for young kids with smaller appetites.

O: IS A PROTEIN SUPPLEMENT A GOOD OPTION?

CAROL: It's always better to get your protein from food than supplements. Not only are they costly, supplements can't match the nutritional benefits of whole foods. Protein bars are often high in sugar, sugar alcohols and/or fibre, which can cause an upset stomach. Real food first is my motto.

Q: SHOULD KIDS BE EATING WHILE EXERCISING TO MAINTAIN ENERGY?

CAROL: Kids need to refuel when doing intense, continuous endurance activities lasting longer than one hour (like running, cycling, or skiing). They should have carbs that are easy to digest and lower in fat and fibre. Try mini muffins, pretzels, cereal bars, fruit, or crackers with nut butter.

Q: HOW DO WE BREAK THE "DEFAULT TO DRIVE-THROUGH" HABIT?

CAROL: Get ready for the week by stocking up on convenient wholesome foods and cooking ahead.

- Shop smart. Look for portable, healthy foods like singleserve packages of cheese, Melba toast, yogurt drinks, hummus, and applesauce. Salad kits are great time-savers for the road.
- DIY snacks. Wash and cut up fruit and veggies and store in small containers in the fridge. Make individual portions of trail mix with dried fruit, nuts, and whole grain cereal.
- Get cooking! On the weekend, make a big batch of hardboiled eggs, pan-fried ground beef, barley, cooked and shelled shrimp, tortellini, meatballs or brown rice; store in fridge. With cooked foods ready, weeknight meals are grab-and-go or easy to assemble, such as pasta and sauce, main-course salads, wraps, soups, pizza, and more.



CAROL HARRISON, Registered Dietitian

Get Carol's helpful resource Fuel Up For Fun at no charge. **thinkbeef.ca/order-centre**

EAT Well. PLAY Well. Fuel UP for Fun!



Summertime is busy-time for families with sporty kids! Just how do you juggle team practices, games, tournaments and social events, while ensuring your junior athlete eats well to feel energized and perform best?

View, download or order your complimentary copy of **Fuel up for Fun**. Designed for parents and coaches of kids 6 to 15 years of age, this resource is here to help!

Authored by Carol Harrison RD and fitness expert Christa Costas-Bradstreet MA, this resource fills the knowledge gap of how to eat well to play well.

What people are saying about Fuel Up For Fun:

"Great resource to share with parents, coaches and educators."

"Sharing this resource with my child taught her new things about what to eat when."

"This is a good basic resource that cuts through what some parents are hearing and reading on-line."

Just scan to order your free copy, or view a digital book at ThinkBeef.ca/resources





Most of us are familiar with the hormonal rush and exhilaration of a new relationship - the magnetic attraction and new-found intimacy make for a thrilling beginning. But as a relationship grows and matures, this "honeymoon period" wanes and, as a life is built together, careers, families and other responsibilities can push sex to the back seat (figuratively). Add a struggle with anxiety to the mix and enjoying intimacy might feel impossible. Nothing is worse for the libido than the panic and worry that accompany this mental health struggle. Fortunately, there are a few things you can do to keep anxious feelings at bay and recapture some of the passion of your carefree early days.

ELIZABETH SAYS...

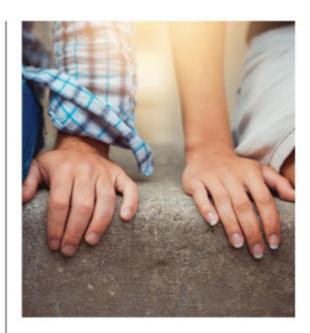
I've lived with generalized anxiety disorder my whole life, and one of its most annoying characteristics is the toll it takes on my ability to focus. When I'm feeling anxious, I tend to ruminate. It often feels like my thoughts are on a treadmill and I'm unable to control the speed. Given its intensity, anxious thinking is incredibly distracting, and it can be difficult to concentrate on anything else - sex included. How can you feel romantic when you're consumed with panic and worry?

Through my psychotherapy sessions, I've learned that the hallmark of anxiety is negative thinking about the future. A great way to moderate these thoughts is to ground yourself in the present. When my partner and I are in the mood and I'm feeling anxious,

there are a few tricks I use to help me be in the moment. I like to play music that triggers memories of good times in our relationship, including songs from the early days of our courtship, when we'd have hot and heavy make-out sessions in the car. I also like to practise guided mindfulness with an app on my phone before we get between the sheets. It helps regulate my breathing and keeps me in the present, which takes some of the power away from those anxious thoughts. Finally, watching a sexy movie can be a great distraction that helps shift the focus from anguish to arousal.

LISA SAYS...

In my psychotherapy practice, I've seen the toll that anxiety, whether situational or chronic, takes on my clients' lives. The relentless feelings of panic and worry and their related physical and psychological symptoms can negatively impact their careers, social lives and relationships, particularly those with their romantic partners. I often hear clients express concern that the ruminations, fatigue and feelings of distress associated with anxiety are a roadblock to intimacy. The problem here is the equation of intimacy to sex. The fact is, intimacy in a relationship comprises so much more than time spent between the sheets. It is affection, closeness, trust and understanding, and it's more about an emotional connection with your partner than a physical one. I tell my clients who experience anxiety to take the pressure off. If they're feeling vulnerable mentally, their focus is best spent on



developing open and honest communication rather than getting it on. Gentle physical affection, such as hugging and holding hands, can be soothing and actually raise levels of serotonin and dopamine two feel-good neurotransmitters that can boost mood and reduce stress. Not only that, but the combination of communication, validation and affection can be a great aphrodisiac. bh



ELIZABETH WIENER AND LISA BROOKMAN

Elizabeth Wiener is an educator who lives with depression and anxiety. Lisa Brookman is a clinical psychotherapist based in Montreal. Together, they form WiseWomenCanada.com

😭 @wisewomencanada



Every workout I do references a strong core. I'm not looking for a six-pack, should I pass on this?

There's a reason why your core gets talked about so often in fitness: It's the foundation of any movement you do, in or out of the gym. Think of your core as the trunk of your body, with all your limbs attached to it. This group of muscles wraps around to include your lower back, pelvis and hips and, yes, includes the coveted six-pack area. So, it's important, but for much more than its looks.

A strong core ensures that you have functioning postural and trunk-stabilizing muscles (translation: it's what holds you upright). Without properly functioning core muscles, your body would be as noodle-like as a piece of cooked spaghetti. And you use your core more than you think: Even during a simple task like putting your groceries in the trunk of your car, your core muscles are working to stabilize you and get the job done. The heavier the groceries, the more your core needs to be engaged because of the lack of leverage.

At the gym, if you're performing squats, lunges or push-ups, even though you don't get the same burn



you would get on your 20th sit-up, your core muscles are working hard to brace your spine and maintain that particular posture. If external demands override what your stabilizing muscles are capable of, you can pull a muscle in your arms, legs or lower back.

If you're complaining about extra fat in your midsection, lower back pain or consistently bad posture, you probably have a weak core. While there are plenty of different ways to build strength in that area, adding a self-limiting element to your exercises is an easy way to engage more of your core in your current routine. What's a self-limiting exercise? It's essentially forcing a survival need when you're doing a certain move, which, in turn, makes your body engage your core to maintain good form. For example, if you're performing a plank on your forearms and toes and keeping your spine properly aligned, you might say

"Hey, I'm rocking this plank!" Now, without shifting in the slightest bit, lift one leg. This will put more demand on your body, which means that you have no choice but to engage the right muscles to avoid losing control and falling.

Focus on engaging your core for a stronger, more functional body that's less likely to encounter injury. And, hey, the bragging rights of a six-pack aren't too shabby either.



is a certified athletic therapist sportspecialists.ca



Get your glow on with our smoothie recipe at harpernutrition.com



What foods should I eat to get glowing skin and shiny hair?

Achieving a healthy summer glow starts with what you eat and, ultimately, absorb. A daily intake of key nutrients is vital. Here's our reference guide to the powerhouse ingredients that will get you on your way to enjoy glowing skin and great hair every day.

ARTICHOKES Loaded with protein, fibre, vitamin C, folate, potassium, magnesium and antioxidants, these gems help improve skin elasticity, prevent photoaging, tighten pores and contribute to collagen development.

AVOCADOS Avocados are high in healthy fats that are essential for keeping your skin moisturized, supple and flexible. They are also high in vitamins C and E and contain minerals that help calm skin, such as magnesium, potassium and calcium.

blueberries are high in antioxidants and anthocyanins, which prevent damage to the collagen that keeps skin firm by shielding it from harmful free radicals.

EGG YOLKS Egg yolks are a good source of biotin, which helps make hair strong and lustrous, protects against hair loss and damage, promotes hair growth and helps prevent dry skin.

GREENS Specifically, watercress and kale which provide antioxidant to fight free radicals and prevent collagen breakdown, and lutein, which boosts a healthy glow.

MATCHA GREEN TEA Matcha green tea is high in catechins, powerful antioxidants that reduce redness, prevent acne flare-ups and improve skin elasticity, hydration and thickness. It also stimulates hair growth.

ORGANIC CACAO NIBS Cacao nibs are rich in antioxidants, which give skin a beautiful glow by improving blood flow, skin texture and hydration.

PEAS & LENTILS Peas and lentils are some of the best plant-based sources of lysine, an important amino acid required for collagen formation.

SALMON & LEAN, GRASS-FED

MEATS Salmon and lean meats are good sources of protein, which is key for healthy hair growth, and zinc, which is necessary for producing new skin cells, regulating inflammation and improving overall skin health. They're chock-full of omega-3 fatty acids, which deliver shine to hair, provide oils that keep your scalp and hair hydrated, plump up skin cells and reduce inflammation that can cause acne and redness.

walnuts are a good source of essential fats, vitamins C and E, selenium and zinc. They help protect skin from inflammation and free radical damage and protect hair from sun damage.



are twin sisters and registered dietitians with a special focus on nutrition for health, beauty and aging well @harpernutrition_twins



TWOFER TUBERS

We're sweet on sweet potatoes because they are glow multitaskers. These colourful tubers are high in beta carotene, an antioxidant that is converted to vitamin A when consumed, which protects against brittle hair, boosts natural oils on the scalp, promotes hair growth and acts as a natural sunblock. As for skin benefits, they are superfoods thanks to vitamins A and C and magnesium. Their high carotenoid content visibly brightens skin.



I'm stressed about following investment trends, but can I afford not to?

Like all money matters, investing can be a source of stress for many of us. It's tempting to follow the latest trend, buy the hottest stock, compare our portfolio to our neighbour's and worry whether we're saving enough money. And, though there is no right or wrong way to invest, there are steps we can take to reduce our stress.

DON'T TRY TO TIME THE MARKET

Waiting for the top or bottom of the stock market can paralyze you with stress and leave you full of second guesses. Plus, if you're going to be investing for the rest of your life, it will be hard (if not impossible) to consistently buy low and sell high over the decades.

In fact, a lot of people get caught up in following the day-to-day movements of the market and end up doing the exact opposite: They sell low when the market is falling because they're stressed about potential losses and buy high when the market is climbing because they're worried that they will miss gains.



AVERAGE IN

One way to take the stress out of deciding when to invest your money is to "average into" the market – that is, invest a certain amount regularly, like \$500 every two weeks or once a month. In fact, most investment firms allow you to automate this process so that your predetermined amount comes out of your bank account with whatever frequency you choose. Doing this can help take away the worry and vigilance needed to try to time your investments.

USE INDEX FUNDS

Not only does buying individual stocks require a lot of research but you also need to stay on top of all news related to the companies you invest in. Instead of putting in all this effort, you can invest in passive index funds (or index exchange-traded funds), which track the performance of the stock

market (less what is often a very small management fee). While you won't "beat" the market with this approach, you can be rest assured that your return will match the market. With that said, there are many investment products out there with the label "index" on them, so it's a good idea to talk to an investment professional if you are unsure which one is best for you.

KNOW YOUR GOALS AND RISK TOLERANCE

If you are 25 years old and four decades away from retirement, your investment portfolio can probably weather a large drop in the stock market. But if you are 65 and about to start withdrawing from your portfolio, you may not want the added worry of watching your portfolio fluctuate in value. To avoid this undue stress, it's best to make sure that your investments match your goals and risk tolerance for your stage of life. This may mean reducing your exposure to the stock market and increasing your exposure to a fixed income. If you are unsure how to match your goals to your portfolio, you can speak with a financial planner or an investment professional to help you out. bh



JORDAN CAMPBELL, CFA is a financial advisor



What do you Live for?

Do you live for pushing yourself to your limit, then push a little bit harder?



Focus more, stress less, sleep better

Designed for women to achieve results

Get a FREE 3 Visit Pass at goodlifefitness.com/forwomen





Ester-C[®] Energy Boost

24-hour immune support, B vitamins for energy metabolism, and electrolytes for hydration – in 4 delicious flavours to energize your tastebuds!

New look, same great taste!
Plus a new 4-flavour variety pack.

BEST YOU

HEALTH + HAPPINESS

RUNNING ON EMPTY

Your bad habits may be impacting your long-term health in critical ways. If you see yourself in any of these 10 scenarios, perhaps the time has come for a reset. by KATE DALEY

photograph by GEOFFREY ROSS



SKIPPING YOUR WORKOUT

If you can't commit to an hourlong sweat session, don't fret. New research has found that little movements in your daily life, such as cleaning and walking, matter almost as much as the big ones when it comes to your overall health. In one study, kinesiologists at McMaster University and UBC Okanagan found that doing sprints of climbing stairs throughout the day improved cardiorespiratory fitness and strength in their subjects.



SKIMPING ON SLEEP

Set a bedtime alarm for 30 minutes before you want to hit the sack. That way, you'll have time to prep for bed before it's lights out!



NOT EATING ENOUGH VEGGIES

Hate kale? That doesn't mean you can't hit your quota of antioxidant-rich vegetables. Try carrots with ranch dip, cauliflower with cheese sauce, or mac and cheese with broccoli mixed in. Or sneak veggies like zucchini into your muffins or mashed sweet potatoes into your pancakes.



5

IGNORING FINANCES

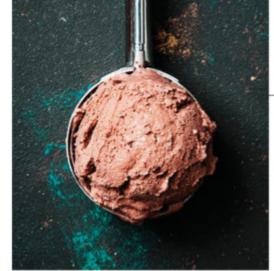
Canadians ranked money as their greatest stress, according to a recent survey. "When you don't feel like your money is under control, you feel constant anxiety and stress about the future," says Shannon Lee Simmons, founder of the New School of Finance. To regain control, make one small goal, like paying down a percentage of your credit card debt, recommends Simmons. For more tips on money, see Finance Advice.



ALWAYS BEING ON A DIET

"Everyone is born with the innate ability to feed themselves," says Tara Miller, a holistic nutritionist and an intuitive eating coach in Toronto. "We feel like when we're not on a diet, everything is going to go wrong." Many people are so used to following a diet that they no longer know how to manage their hunger cues. "It just takes practice," she says. Tune into your hunger cues and try eating when you're hungry and until you're comfortably full. Worried that you'll go overboard? Trust yourself. "By giving yourself the freedom to eat as you please and really listening to your body, there is a lack of rebellion," she explains.

TOCK



OVEREATING AT NIGHT

Late-night snacking is associated with obesity, diabetes and even heart disease. "Clients will say 'I had a smoothie for lunch and I don't know why I ate a bag of chips for dinner," says Miller. Often, a late-night snack attack can happen because you're not eating enough satisfying food throughout the day or allowing yourself the flexibility to eat foods you enjoy (like carbs), so you end up rebelling when your self-control reserves are all used up, explains Miller. Nosh on nutritious yet filling foods, such as avocado toast, earlier in the day to help curb cravings at night. For more ideas, see "Hunger Games" on page XX



WASTING TIME ON YOUR PHONE

The allure of social media can be a black hole. Download an app that monitors or restricts your screen time. Apple users can use the builtin Screen Time feature, and android users can try a host of apps, such as Forest and Flipd. Another solution? Turn off the notifications on your apps or delete distracting social media apps from your phone altogether. Then, if you really want to check out the latest Twitter war, it will take a lot more effort to log in from your desktop computer.



THE TEN

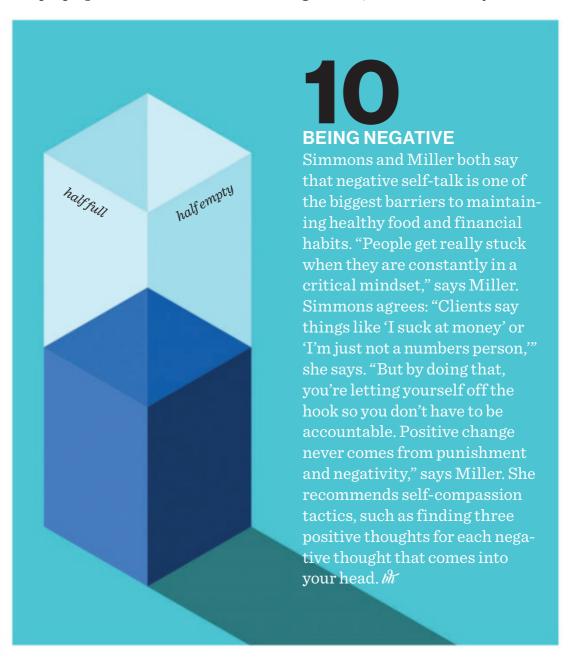
BUYING INTO CONSUMPTION CULTURE

Having too much stuff can weigh on you - literally. Get inspired by watching Japanese organizing pro Marie Kondo's Netflix series, Tidying Up With Marie Kondo.



NOT USING ENOUGH SUNSCREEN

You need to apply sunscreen liberally to prevent sun damage, according to the Canadian Dermatology Association. Apply one palmful for each arm and one for each leg, and reapply it after you swim or work out. For product suggestions, see "Block Party".



THIS ISSUE: MANAGING STRESS

There's no avoiding the pressures of modern life, but that doesn't mean you have to become its victim. Here's how to use meditation to win the strain drain. | by karenrobock

WE ALL LIVE WITH STRESS. FROM TRAFFIC JAMS TO OFFICE POL-

itics, there's really no way around it. Even the so-called "good stress" that comes with buying a new home or getting a job promotion can take its toll. Left unchecked, too much stress can cause headaches, trouble sleeping and even elevated blood pressure. Luckily, there are things we can do to take the edge off.

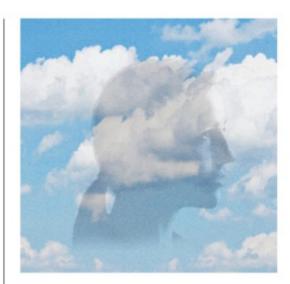
We asked Emily Thring, founder and director of The Quiet Company, a meditation studio in Toronto, for a few ways that practising regular mindfulness can help us say buh-bye to stress.

BUILD RESILIENCE

"Humans are naturally resilient, but in our modern world, we need to develop even more mental toughness since we are constantly bombarded with information, news, politics and all of the potentially stressful things we might not have known about if we didn't have the Internet," says Thring. Establishing a consistent meditation practice – which can be as little as 10 minutes a day – slowly builds our inner strength, which helps us resist day-to-day stressors. It also helps to protect us from life's big challenges, ensuring that they have less impact on our overall health and happiness, says Thring.

SHRINK YOUR STRESS ZONE

Research from the University of Pittsburgh has shown that regular meditation can reduce the size of your brain's stress zone. After just eight weeks of daily om sessions, the amygdala – which is known as the brain's "fight or flight" centre,



where the stress response is initiated – actually starts to shrink. What's more, as the primal region of the brain becomes smaller, the prefrontal cortex – where higher thinking happens – grows.

GROUND YOURSELF

No matter how resilient we become, those fuming, hair-pulling moments are still inevitable. When you feel yourself getting worked up, a few focused deep breaths can help you decompress and get back on track. You can also use a quick meditation to get into the right mindset ahead of a potentially nerve-racking situation, like public speaking. Just set aside 10 minutes to reset.

CHANGE PERSPECTIVES

A mindfulness practice helps you realize that how you react to a situation is actually a choice. "We can develop a positive or curious reaction to something rather than a knee-jerk negative reaction," says Thring. Mindfulness can help you mentally step back and observe things from a different perspective or with more clarity, which can help you pause and reflect before you react. M

MEDITATION MUST-HAVE

No time to make it to a meditation class but need some guidance? No problem. Meditation Studio is an app loaded with more than 40 experts, so you can explore different voices and styles or experiment with om sessions using timed interval sounds or soothing music. We love that you can see how many people are meditating with the app at the same time – it's very inspiring.



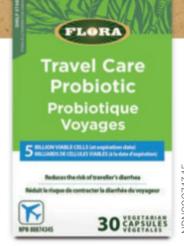
STOCK





Don't let the toilet be your ultimate destination.

Montezuma's Revenge, Delhi Belly...call it what you may, but traveller's diarrhea is not something you want to experience while on vacation. Flora's new Travel Care Probiotic is clinically proven to reduce the risk of traveller's diarrhea, plus it doesn't require refrigeration and is guaranteed to stay potent and active. This means you can explore new destinations and enjoy your vacation... knowing your intestinal health is being protected. If you've been bitten by the travel bug, just make sure you pack Travel Care Probiotic with you.



Non-GMO Strains | Gluten-Free Non-Dairy | Clinically Proven No Refrigeration Required



Your plan? To jet-set from country to country. Your problem? You're prone to tummy trouble and the sniffles. Plus, the word "hangry" has a prominent place in your vocabulary. Even so, you can still enjoy everything that travel has to offer. Take these five steps throughout your trip—especially on long travel days—and you'll be prepped to bypass sickness, discomfort and crabbiness in favour of awe and wonder at the great, wide world around you.

STERILIZE

Stash cleansing wipes in your purse or carryon and wipe down your hands before eating especially if you aren't able to pop into the restroom to wash up as often as you'd like. It's also smart to wipe off armrests, tray tables and TV screens on airplanes before use, as they're often breeding grounds for bacteria.

HYDRATE

It may be annoying to constantly gulp down water while flying (hello, frequent bathroom breaks), but staying hydrated can prevent headaches and mood changes—two symptoms you'll want to avoid on busy days packed with flying, driving, eating or sightseeing. Water-rich foods will help with constipation, so grab an apple at the airport or on your morning coffee run.

PROTECT

Seriously, is there anything worse than an upset stomach while on vacay? Prevent diarrhea by packing shelf-stable blister packs of probiotics that will keep your digestive system in balance. Take one or two capsules per day of Flora Travel Care Probiotic, which requires zero refrigeration, and reduce your risk of diarrhea and gastrointestinal issues caused by changes in diet or water.

STRENGTHEN

Bring vitamin C along for the ride. It may reduce the frequency of colds that you experience and even shorten the duration of your symptoms, should you catch a bug while on the road.

FUEL

If you're the type of person who needs to eat frequently, don't solely rely on restaurants and convenience stores being available when you need your fix. Instead, stash nuts, dried fruit or granola bars in your bag to stem your hunger and stabilize your mood.



Each vegetarian capsule of Flora Travel Care Probiotic contains 5 billion units of a single strain of probiotic clinically proven to help reduce incidence of traveller's diarrhea and antibiotic-associated diarrhea. For general intestinal health, try Flora Complete Care Probiotic, made with six strains of bacteria that ensure a healthy digestive system, or Flora Women's Care Probiotic, with a blend of eight strains specifically formulated for women.

Head First

We think of first aid for boo-boos and broken bones, but never brains. That's all changing, and writer *Bonnie Schiedel* took the course to prove it. Here's her account of a crash course in mental wellness.

LIKE MANY THINGS THESE DAYS, IT BEGAN ON my social media feed: a colleague posting a heart-felt account of her postpartum depression, a neighbour mentioning an ill-timed anxiety attack, a friend talking about her daughter's schizophrenia symptoms. It's pretty incredible – and encouraging – to see how we're all getting a little more comfortable talking about our own

After all, one in five Canadians will experience a mental health problem in any given year, according to the Canadian Mental Health Association (CMHA). Still, for a lot of us, it's easier to offer support when it's one step removed online rather than face to face. I really had no idea what I would say or do if someone I was with had, say, an anxiety attack or was really struggling with post-holiday depression. I wondered if I'd freeze up or say the wrong thing.

I didn't like feeling clueless, so when I saw a Facebook post about a mental health first-aid course being offered in my city, I thought, Hell, yes! I signed up and, a few weeks later, headed to a hotel conference room with 22 other people to learn how to become a mental health first aider during a two-day, 12-hour course.

Mental health first-aid programs have been around since 2000, when an Australian couple – Betty Kitchener, a nurse who has coped with depression throughout her life, and Anthony Jorm, a psychology professor and researcher – were out walking their dog together and had a light bulb moment to create a course. A lot of other people thought it was a good idea, too: About two million people worldwide have now taken the course they developed. (Lady Gaga even offered free or subsidized training in cities on her last tour.)

Jordan Friesen, director of workplace mental health at the CMHA, has been watching the growing popularity of first-aid courses with interest. "Mental health first aid fits into the conversation about mental health because we're realizing that in environments like schools, workplaces and churches, it's really effective and necessary to have 'gatekeepers,' or people who can respond and direct people to appropriate resources," he says. "[The courses] can play a vital role in keeping people safe and healthy."

The most common program – and the one I took – is the basic course offered by the Mental Health Commission of Canada (MHCC). Instructors take a five-day course to get certified, so it could be



The same of the sa

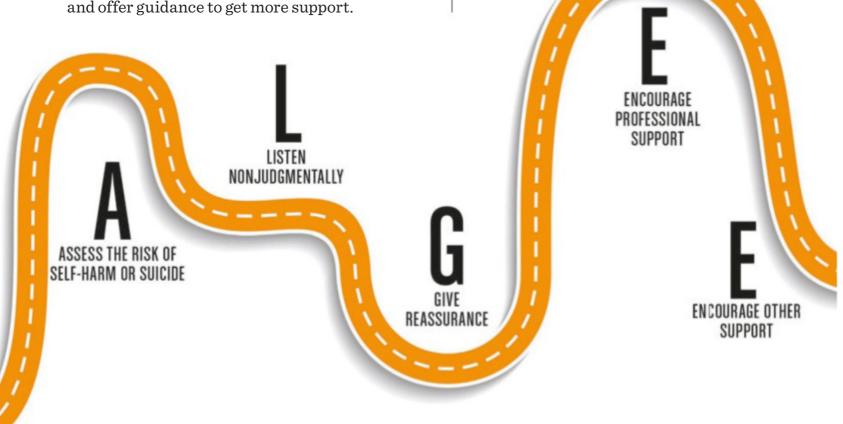
mental health.



offered at your local public health unit or St. John Ambulance. The MHCC also has courses for people who interact with specific groups, including First Nations, seniors, youth and veterans.

Much like physical first-aid training, mental health first aid doesn't mean diagnosing or counselling but rather learning to provide immediate practical help in the moment before getting help from professionals. (In other words, you're the bandage, not the stitches.) Mental health first-aid training gives regular people the tools to recognize a potential issue, respond with compassion and offer guidance to get more support.

A big part of the course is using the acronym ALGEE as a road map to navigate situations. It stands for:



During the course, we learned about some signs and symptoms of the most common mental illnesses – from substance abuse disorders and phobias to post-traumatic stress disorder and schizophrenia – and then split up into groups. Our instructor handed each group an index card that described a scenario and we would figure out how we could handle it in real life using ALGEE as a guideline (for example, a friend confides that she has been drinking and taking painkillers to deal with the stress of her crumbling marriage and the end of her contract position at work).

Then, we would tell the whole group about our approach, and the instructor would give feedback of where we were on the right track and where we had missed out (for example, it's not very helpful to casually tell your distressed friend to just go to

the gym to clear her head). And, though it's natural to worry about saying the wrong thing, keep in mind that your role is to be an empathetic listener.

"Often, when people experience a mental health problem, they don't want your advice," says Holly Kondreska, a mental health first-aid instructor in Thunder Bay, ON. "They just need to be heard. We often feel the need to talk to fill the void, which can ruin rapport. Long silences are OK."

Along with practising the scenarios, there were some eye-opening interactive activities, too, like trying to carry on a conversation with one person while another person was muttering in your ear (to get a little empathy for what auditory hallucinations could be like), practising "finger breathing" to help quell anxiety (holding up one hand in front of you and tracing up the side of one thumb

while you inhale, then down the side of that thumb while you exhale, repeating for the other fingers) and pouring a glass of wine to show how easy it is to get carried away in our daily drinking (a serving of wine is five ounces, but our class volunteer poured a nine-ounce glass without batting an eye). Our instructor also walked us through a list of local resources we could refer people to for help, which was useful because mental health care can often be fragmented and difficult to navigate.

Language is important, too. We talked about saying "a person living with psychosis" rather than the more dehumanizing "psychotic." Starting a conversation with "I've noticed that..." is a good way to ease into an uncomfortable talk.

One big aha moment for our class was that, even though it's a squirmy question, it's totally OK to gently ask someone "Are you thinking about hurting yourself?" or "Have you thought about suicide?" because talking about self-harm or suicide won't plant the idea in a person's mind.

So, does mental health first aid work? That depends. There's little research on whether it ben-

efits recipients because it's not ethical for researchers to ask them if their encounter with a mental health first aider was helpful or not, which makes it tricky to study.

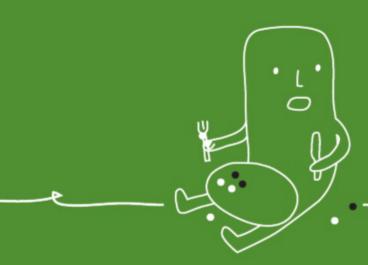
One long-term study, currently being conducted in Australia, randomly assigned parents of teens to either a physical first-aid course or a mental health first-aid course, says Jorm, who is leading the study. It was designed to assess the effects on a small percentage of teens who require either form of first aid from their parents.

But there are lots of studies that show that people who take mental health first-aid courses like the pay-off: They feel more knowledgeable about mental illness, are more confident in their ability to help others, and are more likely to provide help that aligns with what experts say should be done.

That's a win in my book, and it pretty much sounds like my experience. In the few months since I completed the course, I haven't used my mental health first aid directly, but I definitely like having the skills in my toolbox for the day when I do need them. \mathcal{M}



FAST AS YOU CAN





Have scientists discovered the key to

WEIGHT LOSS, longevity and better brain health

through the simple act of

FASTING?

It sounds too good to be true, so we asked health writer *Kate Daley* to explore the views behind the news. Here's what she found.



WHAT IF YOU COULD VASTLY IMPROVE YOUR health just by doing nothing – well, more like *eating* nothing – for a period of time? Fasting – also known as abstaining from food for a certain number of hours or even full days - is currently making headlines because of its potential for big benefits.

New studies, along with a slew of scientists, say it might be crucial for weight loss and anti-aging in general. It may have the potential to lower your risk of cancer, Alzheimer's and Parkinson's disease and even treat type 2 diabetes.

So, the question is, should you be adding fasting to your wellness routine? Let's look at the facts.

THE LONG VIEW

Historically, fasting has been a tenet of cultures for centuries, during religious events such as Lent, Ramadan and Yom Kippur. But with the evolution of modern life, for many people, fasting is no longer a part of their daily routines. Food scarcity isn't a problem either - most of us have access to food 24/7, and will take advantage of that full fridge at our first pang of hunger.

This constant eating really irks fasting proponent Dr. Jason Fung, a Toronto-based nephrologist and author of *The Obesity Code: Unlocking the* Secrets of Weight Loss. "We worry when someone goes three hours without eating," says Dr. Fung. "It's ridiculous."

For years, the most common dietary recommendation was to eat three meals a day with two snacks, leaving the body very little downtime where it's not processing food, he says.

HOW DOES FASTING WORK?

Fasting is not the same as starvation, says Dr. Fung. It is the controlled, voluntary absence of food for a set period of time. When you don't eat, you start to use up the sugar in your system, the glycogen breaks down in your liver and muscles and, once those are depleted, your body starts to burn fat and ketones for energy, he explains. People start to lose weight, and naturally their insulin

"Your cells and organs respond to fasting by enhancing their ability to cope with stress, which can make them more resistant to aging and disease."

- Mark Mattson

resistance decreases and blood cholesterol and blood sugar improve.

Better yet, not eating for an extended period of time puts mild yet beneficial stress on the body. "Your cells and organs respond to that challenge by enhancing their ability to cope with stress, which can make them more resistant to aging and disease," says Mark Mattson, a senior investigator in the Laboratory of Neurosciences at the National Institute on Aging in Baltimore and a professor of neuroscience at the Johns Hopkins University School of Medicine.

FASTING TYPES

There are quite a few different types of fasting and, though some are more extreme than others, all have similar benefits. Intermittent fasting involves days of regular eating countered by days of fasting where you don't eat at all or consume less than 600 calories a day. The popular 5:2 diet follows this philosophy. For five days of the week, you can eat normally, and for two days in a row, you eat nothing or very few calories.

There's also alternate-day fasting, where people eat and fast every other day on a regular basis. Time-restricted feeding is a slightly more palatable approach for many people: Working with your body's circadian rhythm, you restrict your eating timeline to a short window – ideally nine to 12 daylight hours – giving your body 12 to 16 hours sans calories.

WHY FAST?

Type 2 diabetes is Dr. Fung's major concern and the focus of his work as the medical director of the Intensive Dietary Management clinic in Toronto. In his practice, he has found that intermittent fasting has substantial benefits for patients who are struggling with obesity and diabetes. "These are diseases of too much fat and too much sugar," he says. "In the right context and under the right supervision, you can reverse all of these diseases."

Dr. Fung recently published a small study in 2018 in which three middle-aged men with type 2 diabetes tried intermittent fasting. Two of the men were able to stop taking all of their diabetes drugs within a month, while the third discontinued three of four medications. All men lost weight, especially around their waists, and reduced their fasting and average blood glucose readings.

Large-scale, peer-reviewed studies are still needed before this can become a standard recommendation in most medical practices, but in his clinic, Dr. Fung says he has treated thousands of patients using fasting. "We've seen incredible success," he says.

Less enthusiastic is Behnaz Abedi, a dietitian in the Family Practice Health Centre and certified diabetes educator at Women's College Hospital in Toronto. Yes, she agrees that fasting is great for weight loss, which, in turn, improves insulin resistance and blood sugar. But there's not enough evidence to recommend fasting to treat diseases like diabetes yet, says Abedi.

Besides, she argues, diabetes goes into remission; it doesn't go away. Remember, chronic dis-

"Keep in mind that most of the long-term studies on aging and the brain have only been done on animals, not humans." — William Mair



eases like diabetes are complex, and there isn't a one-size-fits-all strategy that will work for every person. The diet and lifestyle choices have to be conducive to someone's lifestyle, she says, or they won't stick with it.

Still, many scientists concur that fasting helps people improve their overall health, simply by virtue of the fact that they aren't carrying around extra pounds. And that might not even be the biggest benefit: New animal studies show that a major advantage of fasting might take place in your brain, not your belly.

A major risk factor for the most common neurodegenerative disorders – Alzheimer's disease and Parkinson's disease – is the changes that occur in the brain during normal aging, says Mattson. Molecular garbage, such as free radical molecules, starts to accumulate in the nerve cells and cause the damage that leads to disease. Fasting boosts the ability of cells to prevent and repair free radical damage to molecules and improves the ability of the cells to remove these aggregating proteins, explains Mattson. Basically, not eating for a long

MESSING WITH METABOLISM

While there aren't enough human studies on how fasting could change your body in the long term, both author Dr. Jason Fung and senior researcher Mark Mattson agree that it won't affect your metabolism or its efficacy. "It's a myth that fasting puts you into 'starvation' mode," says Dr. Fung. "The body does not shut down during fasting; it tends to ramp up." So far, Dr. Fung says that they are mostly short-term studies, but there is a lot of promise. One study published in *The American Journal of Clinical Nutrition* found that the metabolic rate is about 10 percent higher after four days of fasting.

period of time allows your body to clear out the junk, preventing and repairing damage to your brain in the long term. Many of Mattson's findings are based on mice models, not humans yet.

In one study published in the International Journal of Obesity, Mattson and a team of researchers studied a group of more than 100 overweight young women on the 5:2 fasting diet. After six months, the women lost eight to 10 percent of their initial body weight - specifically belly fat – and had improvements to their insulin sensitivity. But most importantly, they improved other health biomarkers associated with disease risk for breast cancer, diabetes, cardiovascular disease and dementia.

"One of the earliest ways to slow aging in many species is through dietary restriction," says William Mair, an associate professor of genetics and complex diseases at the Harvard T.H. Chan School of Public Health in Boston. In a study published in the journal Cell Metabolism in 2017, Mair and other researchers found that periods of fasting promoted both healthy aging and longer life in general.

By restricting diet in a type of worm, the researchers were able to maintain the animal's mitochondrial networks in a more flexible and youthful state for longer - a finding that may have huge implications for the future treatment of aging and an understanding of the biology behind it. Keep in mind that most of the long-term studies on aging and the brain have only been done on animals, not humans, says Mair.

HOW TO START

Experts don't suggest going from eating the average of three meals a day and snacks to a severely restricted diet. Mattson says it takes most people a month for their bodies to adapt from constantly

"Go slowly, especially if you're older. If you have a health condition, you need to work with your doctor to manage how to take your medications during the fasting period."

- Dr. Jason Fung

eating. Don't get him wrong: It's not easy. You will be hungry – possibly really hungry and irritable. But with all of the subjects he has studied, those side effects go away within two or three weeks and the body starts to adapt.

Go slowly, agrees Dr. Fung, especially if you're older. If you have a health condition, you will need to work with your doctor to manage how to take your medications during the fasting period, especially when it comes to insulin and other diabetes medications, says Dr. Fung. If you take your insulin and fast, you're doing two things that affect your blood sugar, he explains, which could be dangerous.

If you're not game for full days of fasting, even just aiming for 14 to 16 hours overnight (say, an early dinner to a late breakfast) is enough to start getting into those fat stores and cause some cellular response. And if you exercise while you're in a state of fasting, you can see some amplification of the cellular benefits, says Mattson.

Maybe fasting really is the big win for losing. Only time will tell. bh

NOT FAST?

Don't try intermittent fasting without speaking to your doctor first. If you are pregnant, breastfeeding or underweight, have a history of eating disorders or have any health issues that require medication, check with a medical professional before dramatically changing your diet.

SAVE OUR KIDS, STOP THE ANTI-VAXXERS



Lessons from abroad: Trust in immunizations is dangerously low in Europe, and it's wreaked havoc on public health | by LISA FITTERMAN

IT WAS A DAMP FRIDAY NIGHT IN FEBRUARY, AND

the end of a long work week. Nicole Gommers finished tucking her happy, gurgling eight-month-old baby, Micha, into his crib, and then put his older brother to bed. Then her mobile phone rang.

"Nicole, I have bad news," said a familiar voice. It was the manager of the daycare both boys attended around the corner from the family's apartment in The Hague. An older girl who attended the daycare's after-school program and wasn't vaccinated against measles had come down with the disease. Now parents of children who may have been exposed were being called.

"It's not Ben," the day care manager said. "It's Micha you have to watch out for." Micha? But he was in the daycare's baby section, off limits to older children because the infants were still too young to be vaccinated. It appeared the infected girl had brought the babies a toy. The measles virus can survive in the air or

on surfaces for up to two hours.

The Netherlands was in the middle of a long measles outbreak that had begun the previous May in the country's 'Bible Belt,' communities of ultra-conservative Calvinist Protestants that stretch from Zeeland in the south to the province of Overijssel in the central northeast. Eventually, it would spread as far as British Columbia, 7,500 kilometres away, when a tourist exposed to the virus flew home. But surely, Nicole thought, surely Micha would be spared.

The fever started a few days later. Then he became lethargic and started vomiting, and finally, the telltale rash. Just like that, Micha became a statistic, one of 2,700 people who came down with the disease. For Nicole and her husband, Jörgen, an architect, the numbers didn't — couldn't — begin to tell their story of fear and fitful nights. Four and a half years later, the images and sounds still run through Nicole's mind. Micha

46 JUNE | JULY 2019 best health besthealthmag.ca

lying limp and unresponsive in a hospital bed, his little body covered in intravenous lines that carried fluids, supplements and antibiotics to fight the double pneumonia he'd developed; masked doctors and nurses moving in and out of the room; the slow beep-beepbeep of the monitor tracking his vital signs.

Even when Micha's body responded to the antibiotics, the doctors bluntly explained there was still a risk he'd develop other conditions linked to measles. An ear infection that could leave him deaf, secondary encephalitis, in which his confused, immature immune system could mistakenly attack healthy cells in his brain, or — most scary of all — meningitis, where the membranes surrounding his spinal cord and brain could become inflamed.

All this because one set of parents had decided that vaccinating their daughter wasn't necessary?

Cholera. Bubonic plague. Typhoid. Influenza. Polio. Smallpox. Tuberculosis (TB). They may seem distant today, yet they're but a few of the diseases that have caused terror throughout history, attacking silently and leaving millions upon millions of bodies behind. Although the earliest western vaccines against disease came about in the 18th century, when British physician and scientist Edward Jenner pioneered one against smallpox, conditions really took a turn for the better in the middle of the 20th century, with the advent of antibiotics and an increased vaccination program against diseases such as tuberculosis and polio, as well as measles, mumps, and rubella, among others. No longer did people have to worry about the worst from the get-go — that their child's cough was TB, or that a high fever and sore throat meant polio. Back then, they trusted that doctors knew best.

But in the past two decades, as the diseases have disappeared thanks to readily available vaccinations, both individuals and various groups known as anti-vaxxers — have been part of a backlash against vaccines, trying to persuade the public that they have dire consequences. Some anti-vaxxers are against vaccines in general, believing that natural is always better or belonging to religious groups that proscribe putting a foreign substance in their bodies. And some believe the science is plain wrong, pointing to slickly packaged scary individual anecdotes they find on the Internet that invoke faulty studies that have been disproven over and again to no avail.

Perhaps the most egregious of the studies was one led by now disgraced British gastroenterologist Andrew Wakefield, which caused a furor when it was published in 1998 in the respected medical journal, The Lancet. The study linked the MMR vaccine with the onset of gastrointestinal disease and autism. Retracting the paper 12 years later, *The Lancet* noted that the 12 children in Wakefield's study had been carefully selected to support his theories and some of his research had been funded by lawyers acting for parents who were suing vaccine manufacturers. The British General Medical Council had found that Wakefield acted unethically and had shown "callous disregard for the children in his study upon whom invasive tests were performed."

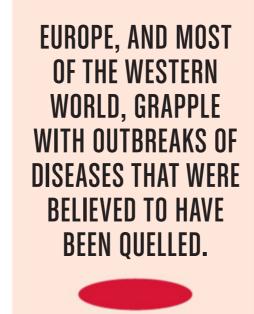
And yet the MMR vaccine autism myth persists even today, with vaccination rates still lagging behind what they were before Wakefield, who was struck off the British medical register, did his damage. Along with the fear over the MMR vaccine, people's questions range the gamut of myths and fraudulent claims, including that vaccines are made with aborted fetal tissue and that Gardasil, the vaccine that fights the cancer-causing human papillomavirus, is really a toxic killer cocktail.

The clear answer is no and no. All of these factors have led Europe and much of the rest of the western world to where it is today, grappling with dangerous outbreaks of diseases that were long thought to have been quelled, especially measles — and let's not forget that measles can be deadly.

In a village of 1,000 people, all it takes is two children to be unvaccinated to cause an outbreak that can affect hundreds, and then thousands if it moves beyond

> the village confines. That's why officers at the World Health Organization (WHO) maintain that in order to protect the population at large, 95 percent of a population should be vaccinated in order to gain what is known as "group immunity", to protect the most vulnerable: infants, the aged and those with compromised immune systems. And in Europe, with trust in vaccine safety at its lowest level in two decades, vaccination coverage is below that 95 percent mark in 22 of 29 countries.

> Dr. Heidi Larson, an anthropologist at the London School of Hygiene & Tropical Medicine, says there is genuine concern about vaccine safety, but the side effects, which are



usually limited to a sore arm or a tummy ache that lasts overnight, do not outweigh the risk of not being vaccinated at all.

Larson heads up the Vaccine Confidence Project, a massive undertaking that monitors and measures the faith people around the world have in immunization programs. It also provides analysis and guidance to in-country health authorities on how to engage the public before attitudes get out of hand. In 2016, the project's survey of 65,819 people in 67 countries found that most believe vaccines are important, but their confidence in them is low, especially in Europe, where a startling 41 percent of respondents in France and 36 percent in Bosnia &

Herzegovina contested their safety, compared to a global average of 12 percent.

Other countries with low confidence rates include Greece, at 26 percent of the populace, Italy at 21 percent, Slovenia at 22 percent and Romania at nearly 20 percent. At the other end of the scale is Portugal, which at 4.2 percent, has one of the highest confidence rates in the world.

"Every time you take a medicine, there's a risk," Larson continues, "but there's something about getting jabbed with a needle in the context where there is no hard evidence of threats from disease."

Anti-vaxxers suspect the science behind vaccines is bad, and believe that drug companies are in it only for the profits. A quick tour of the Internet brings up news stories and studies, including one titled 'New Quality-Control Investigations on Vaccines: Micro- and Nanocontamination.' Written by two Italian scientists, Antonietta Gatti and Stefano Montanari, it's published in the official-sounding "Journal of International Vaccines and Vaccination." Yet click further into the site and you find that the journal is published by a group called MedCrave, which describes itself as 'amazed by science and its wonderful forms and we now bring this beauty to you.' Ida Milne, an historian at Maynooth University in County Kildare, Ireland and the author of Stacking the Coffins, about war, revolution and the Spanish influenza epidemic of 1918-19, is echoed by others when she says such sites are little more than dangerous rabbit holes people can fall into.

ACCORDING TO
THE WHO, THERE HAVE
BEEN 41,000 CASES
OF MEASLES IN THE
EUROPEAN REGION
IN THE FIRST
SIX MONTHS OF THIS
YEAR ALONE.



over 41,000 children and adults in the WHO European Region have been infected with measles in the first six months of 2018. It's 70 percent more than during the whole year of 2017. Monthly country reports also indicate that, as of August 2018, at least 37 people had died from measles that year.

Over the course of 2017, major outbreaks occurred in 15 of the 53 countries in the European region; the worst were in Romania with 5,562 cases, Italy at 5,006 cases and Ukraine with 4,767. Thirty people died. In France so far this year, a measles outbreak in the Nouvelle-Aquitaine region saw more than 500 new cases in February alone and the death of a

32-year-old woman in the town of Poitiers, where 22 people, including ten children, were hospitalized. In a news release, the regional health authority stated the death should remind people to verify if they have been vaccinated and if they haven't, to have it done quickly because that is the only way to stop an epidemic.

Around the continent, individual stories about loss and suffering are at once heartbreaking and a call to action. In Romania, Ion Pravățăt, the mayor of Valea Seacă, a village in the central eastern part of the country, revealed that a 10-month-old baby girl died of measles in February of 2018 when her parents refused in writing to vaccinate their children after seeing reports on television that vaccines kill. "After this tragedy, the community was shocked and the vaccination rate of children increased to 85 percent," he says.

But how do you change people's minds? Faced with this onslaught of unnecessary deaths, some governments have decided the situation, and the potential of an epidemic, if not a pandemic, is so dire, it's not even worth trying to persuade people to vaccinate their children voluntarily. Instead, they have made 10 childhood vaccines mandatory, period.

In late 2017, Italy was the first to go this route, making the vaccines a prerequisite of children entering school, yet in the wake of a national election in March, the new populist government moved quickly to weaken the regulation, eliminating the requirement that parents provide a doctors' note as proof their children have been protected. It's a dangerous step back, say

experts. "What surprises me as a doctor is that for a child to be enrolled in a swim class, a doctor must sign a certificate of good health, yet an unvaccinated child can now go to preschool with a simple declaration from the parents," says Dr. Roberto Burioni, a professor of microbiology and virology at the Università Vita-Salute San Raffaele in Milan, and the author of *Vaccines Are Not An* Option. "The worst case scenario in a swim class is that the swimmer dies, says Dr, Burioni, "but an unvaccinated child can infect others, as we are seeing in the current measles epidemic here, where the highest incidence is occurring in children under the age of 12 months. They're too young to be

vaccinated and can only be protected through herd immunity."

Romania is considering similar mandatory measures as the former Italian government and France has taken the hardest line of all. Announcing the decision before the French National Assembly, Prime Minister Edouard Philippe said: "Infants are dying from measles today in France, that is not acceptable."

Reaction to the move has been mixed. Some parents' groups welcome it on the grounds that their children's health and safety trumps freedom of choice. Others, including medical advocates, worry that it will backfire because people don't like being told what to do, especially by authorities they tend not to trust any longer. "I'm not a fan of mandates," says Larson of the Vaccine Confidence Project. "I think people should do things because they want to and believe it is good for them." For her, the issue is all about finding the most positive ways to engage the public. This includes health professionals devoting more time to listening to patients' fears and answering in language that is easily understood, and immunization campaigns expanding to target kids themselves.

Most of all, it requires the telling of stories that remind people of what once was and what could be in the future, of epidemics and pandemics that wiped out millions at a time, even whole civilizations. "People forget," says historian Ida Milne. "It's why I do the work I do. We cannot forget."

CHILDREN UNDER THE AGE OF 12 MONTHS **ARE TOO YOUNG** TO BE VACCINATED AND CAN ONLY BE PROTECTED THROUGH HERD IMMUNITY.

BACK IN THE HAGUE, AFTER more than a month of ups and downs, Nicole was dozing beside Micha's crib when she heard a familiar giggle. Opening her eyes, she saw a tiny hand reach out to grab her curly hair and she knew her son would be okay. But she also knew she wanted to stop someone else from having to go through the same nightmare. After telling the story to a newspaper, she suddenly found herself a lightning rod for those on both sides of a bitter, emotional debate. Some people were supportive, but most were filled with vitriol.

"They said that it's an individual's choice to vaccinate or not," she recalls. "But my child's right to live is more important than that."

Today, Micha is six years old, a boy who loves to cuddle and a soccer fan who believes that one day Barcelona star Lionel Messi will knock on the family's door and ask him to come out and play.

Recently, when Nicole bought him an ice cream cone, he thoughtfully licked it, then said: "Mum, I have a beautiful life."

"You do," Nicole replied, thinking of how he nearly didn't. "Oh, Micha, you do." bh





Infection Prevention and Control Canada (IPAC Canada) has launched a campaign to increase vaccination and push back against rampant misinformation online. IPAC Canada endorsed B.C.'s decision to require mandatory registration of vaccinations for all students starting in September.

As well, IPAC has started a social media campaign - #StartWithVaccines - requesting all provinces work collaboratively to ensure school aged children have records of vaccination. Follow the hashtag for updates.



QUEST

As the brains behind BonLook, *Sophie Boulanger* is disrupting the eyewear industry, one cool pair of glasses at a time | *by* INGRIE WILLIAMS

WHAT DOES IT TAKE TO BE A VISIONARY? FOR SOPHIE

Boulanger, it meant looking at an established industry through a new lens. As the founder and CEO of Montreal-based BonLook, an eight-year-old eyewear line that is equal parts stylish and affordable, she has merged her passion for retail, her knowledge of eyewear manufacturing and her personal experience into a fast-growing, highly covetable brand.

After graduating from McGill University, the Que-

bec City native moved on to study for her master's degree in fashion management in Milan, Italy. While working on a thesis about a global leader in eyewear with licences for major brands such as LensCrafters, Sunglass Hut, Ray-Ban and Prada, she had a lightbulb moment. "Usually, what you see in frames that sell for \$400 is that they're very cheap to manufacture and a lot of value is lost in the chain," says Boulanger. "I came to understand how the industry is structured, and I



saw the potential for a direct-to-customer brand. We cut out all the middlemen: We design, manufacture and sell the finished product directly to the customer, and we cut a lot of the price increases."

Like, a lot. By offering styles with a starting price point of \$149, including prescription lenses, Boulanger (who has worn spectacles since she was a child) has helped reframe glasses and sunglasses from pricey singular necessities to accessible multi-pair accessories. "It always cost me a fortune to change my glasses," she says. "I could only afford to do that every two or three years. Once I understood that the product itself isn't very expensive to manufacture and it's really the markup that kills you, I thought maybe something had to be done." Coupled with the notion that people probably want the option of owning more than one pair of glasses, this is what ultimately sparked the idea for her new business model.

Beyond changing the way that an essential product is sold, Boulanger's idea has had a ripple effect on customer behaviour. "Because it's traditionally been a very expensive product, people had to spend a lot of time thinking about it," she says. "It was as if you were going to have to wear the same pair of shoes every single day for two years for any event, whether it was to work, a gala or on vacation. We're trying to change that and really make people see that they can have multiple pairs for all of their different needs and looks."

WHAT SUCCESS LOOKS LIKE

Starting out exclusively online, Boulanger has worked alongside her brother, chief of operations Louis-Félix Boulanger, to run and grow their business. Buoyed by an additional funding partner over the past three years has brought on intense, rapid-fire growth. Today, there are 30 bricks-and-mortar locations across Canada, with nearly 350 employees on their payroll. Plus, there are more boutiques in the works to make the chic specs readily available from coast to coast.

While she oversees product and brand development, he takes care of the tech and operations aspects. The chief executive officer credits BonLook's success to being a family affair. "I always say I'm more front office and my brother is back office," he says. "We share the same values and get along together. We have different strengths and really respect each other. Having that kind of balance and a partner I can lean on while building the business has been very important to me and my mental health."

Contentment counts, too, she says. To wake up in the morning happy about your day defines success. And as a merchant at heart, she is still thrilled when she spies

her product during daily encounters. "The other day, I was on a plane and the flight attendant had on a pair of BonLook glasses," she says. "The fact that she found something she liked – something that I helped create – makes me happy, so that makes me successful."

For those who are aspiring to start their own businesses, Boulanger likes to impart the belief that "it's better done than perfect," she says. "For me, that sentence is very strong. It's not about not doing quality work; it's about getting stuff done. I find that a lot of female entrepreneurs want everything to be perfect, and lot of male entrepreneurs just launch things and [have an attitude of] it's not perfect. But I'll improve it and they think they'll just figure it out. Just release it. If you launch and think it's perfect, you probably waited too long."

A HEALTHY OUTLOOK

Leading and growing a business brings its own set of challenges, but the biggest trial for Boulanger has been to find a work/life balance. Luckily, it's not keeping her up at night. "I think it's overrated," she says. "Balance is a thing that doesn't really exist; it's always managing the imbalance. I've given so much time to my business in the past few years, and that's been very successful. It definitely took a toll on other aspects of my life, but I'm OK with it and I'm happy."

What she wasn't pleased with was how taxing entrepreneurship was on her health. So, nearly two years ago, Boulanger turned her ability to spot room for improvement to her own life. "At one point, I realized that to be efficient and give 100 percent at work, I needed to be in good shape," she says. Having hit a mid-

BEST ADVICE YOU'VE EVER GOTTEN?

The advice to nurture your network has served me really well over the years. It's what

has brought me the most success. It's helped me in every aspect of my business, from raising cash to having mentors to hiring employees and suppliers. It's been fundamental and, if you want to succeed in any field, in business or professionally, it's all about what relationships you nurture.

52 JUNE | JULY 2019 best health

decade slump and slowed metabolism, Boulanger calls signing on with a private trainer a life-changing step.

"When we started, I was really out of shape," says Boulanger. "I was travelling to Asia and Europe a lot. I didn't have a very healthy lifestyle, time to train or the motivation." Now, with two to four sessions booked into her weekly calendar, Boulanger has experienced a transformation. "Training has helped me have more energy, feel better about myself, develop better posture and have fewer headaches and migraines," she says. "It's now a very important part of my week to see her when I'm in Montreal."

A mix of cardio and circuits with weights has led to new-found strength. "I'm a skier, so I had strong legs but needed to build my upper body strength," she says. With encouragement to step outside the gym, Boulanger has fallen in love with the mind-clearing power of training outdoors. "I've never been into working out by myself," she says. "My trainer holds me accountable, and it's the personal motivation that works."

LOOKING AHEAD

Exploding from a teeny local kiosk to stores across the country is the type of expansion that most entrepreneurs dream of. Boulanger has, but only in step with putting in the hard work required. "To succeed, you need to have a clear idea of where you're going," she says, "and strategically see two, three or five years forward yet be flexible about the path you're going to take."

She recalls running into an old friend who mentioned that he'd been following the rise of her business. "He said, 'Wow, you must not believe what's happening; you must not have seen it coming.' And I said, 'Well, no, I've seen it coming. This is highly planned. You can't grow a business this much without planning it, but you need to be flexible along the way." Being flexible and focused is Boulanger's preferred MO. "Because of the circumstances, competition, customers and economic changes, you need to constantly adapt to reach your end goal."

That goes double when global outposts are part of the big picture. "We have really big ambitions for this business, and we think we've nailed down a good business model," says Boulanger. "Canada is a great place to build big retailers. We've seen that with Aritzia, Lululemon, Reitmans and Aldo Group. These are businesses that started from scratch and are [multi-million] and billion-dollar businesses." But her passion runs well beyond the bottom line. "What I'm most proud of is that I'm building something in Canada and in Montreal and creating all these jobs," she says. "It's my contribution to society." bh

A DAY IN THE LIFE

8 A.M.

Two to three mornings a week, I have breakfast meetings. Hove to do them because sometimes it's difficult to get out of the office at noon and I train sometimes over lunch, so they're booked. I meet with all sorts of potential partners and people that have a link with the business. I interview a lot of people. When you're growing a business this much, you always need to meet new people, network and keep your pipeline of potential candidates full.

9 A.M.

When I'm in Montreal, I'm at the office and then it's meetings, meetings, meetings until 6 p.m. In the last six to eight months, we've opened so many stores that I have been travelling and rarely have a typical day. I've discovered Canada over the past two years and visited cities like Winnipeg, Edmonton and Calgary for the first time.

2 P.M.

The majority of my day – 75 to 80 percent of it – is spent in meetings. The more the company grows, the more I'm in meetings and the more my role is focused on brainstorming with people and overseeing departments.

8 P.M.

This is my typical dinner time. I eat out often, and it's been a challenge to control what I eat and make good choices. Eating in airports is so bad – it's just carbs! That has to change.

12 A.M.

If I'm at home, I work a bit more at night. I am a night owl and go to bed at midnight. My sleep app tells me every night at 10:30 p.m. to go to bed and I never do. I would like to sleep from 10:30 p.m. to 6 a.m., but it never happens. I've started using the Headspace app – it's a guided meditation and short, like 10 to 15 minutes. It has helped me a lot in the past. I'm often jet-lagged, and it's great for beginners. I do it two or three times a week, usually at night.

IT'S SHOULDER SEASON

You ready? We can help!



2 FREE WEIGHTS



6 SIMPLE MOVES



1 SET OF SCULPTED MUSCLES

by AMANDA VOGEL

WHEN YOU'RE GOING SLEEVELESS, NOTHING says "I'm fit" like nicely toned shoulders. And no mat-

says "I'm fit" like nicely toned shoulders. And no matter what the season, strong, balanced shoulder muscles (called deltoids) – along with strong rotator cuff muscles that help to stabilize around the shoulder joint – enable you to move more easily through daily tasks.

Angus Driver, a senior instructor in the orthopaedic division of the Canadian Physiotherapy Association, and a physiotherapist and co-owner at Adelaide West Physiotherapy in Toronto, explains the shoulder socket is shallow: "Think of it like a golf ball sitting on a tee and held in place by ligaments that control motion." This means the shoulder joint is quite mobile, moving easily in multiple directions, but it's also more vulnerable to injury, especially from poor exercise technique.

Weak or too-tight ligament don't always control motion as they should. "Shoulder exercises that take the joint through a range of motion with weights help create better strength and function, and more stability," says Driver. Shoulder stress during exercise can happen if your form is off or if you are dealing with an underlying problem. "Signs to watch out for include pain in the front of the joint or side of the deltoid," says Driver, "and any clicking or catching in the joint."

If you've got healthy shoulders already, lifting weights help to safeguard them against potential future problems. When you're armed with confidence about how your upper body can perform, you'll not only look amazing, but feel stronger, too.

Nothing says "I'm fit" like nicely toned shoulders.



GET STARTED

EQUIPMENT: You'll need a couple of medium-weight dumbbells (five to eight pounds each), and a light dumbbell (two to three pounds) or a 398 mL can of beans. You'll also need a small folded-up towel and a mat or large towel to lie on.

EASIER OPTION: Stick to the lower range of reps, and do only three of these exercises – Alternating Front Raise, Back Fly and Side-lying External Rotation – until your shoulders get stronger. You should still use medium dumbbells for these (but a light one for the Side-lying External Rotation).

WARM-UP AND COOL-

DOWN: Do a "mock" set of each exercise without the dumbbells to warm up your shoulder joints and the muscles around them, and practise your technique before adding in the weights. Post-workout, take about five minutes to gently stretch your shoulders in different directions. And for a balanced exercise approach, add workouts for your arms, legs, lower back and abs, as well.

HOW OFTEN: Do one set of each exercise for the repetitions suggested. To boost intensity, complete each of the six exercises and then do a second round (resting between sets), or do moves using heavier dumbbells. Try this designed-to-do-anywhere plan three times a week on non-consecutive days.

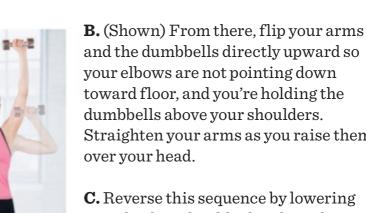


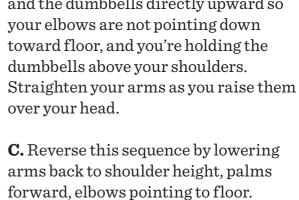
1. ALTERNATING **FRONT RAISE**

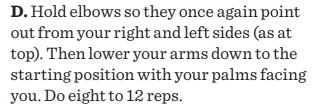
Works: Front of shoulders

- A. Stand with your feet hip-width apart, and a medium dumbbell in each hand. Place your arms by your sides, palms facing inward. Tighten your abs.
- B. (Shown) Keep your left arm straight as you raise it to shoulder height.
- **C.** As you return your left arm to its starting position, raise your right arm to shoulder height. Continue to alternate between left and right arms. Do eight to 12 reps for each arm.









2. MODIFIED UPRIGHT ROW TO

Works: front, sides and back of shoulders

width apart, your knees slightly bent, and a medium dumbbell in each hand. Place your arms down in front of you. Roll your shoulders back and down to keep them from raising up or rounding forward. Move your arms up and along the front of your body while bending arms at the elbows away from your sides as you raise the dumbbells to chest height. Palms should be facing you. Stop when your upper arms are parallel to the floor.

A. (Shown) Stand with your feet hip-

OVERHEAD ARM PRESS

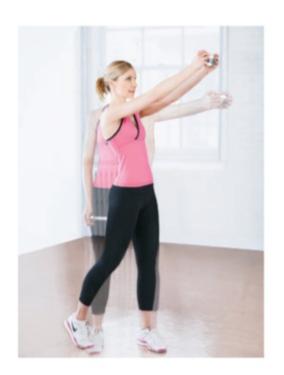




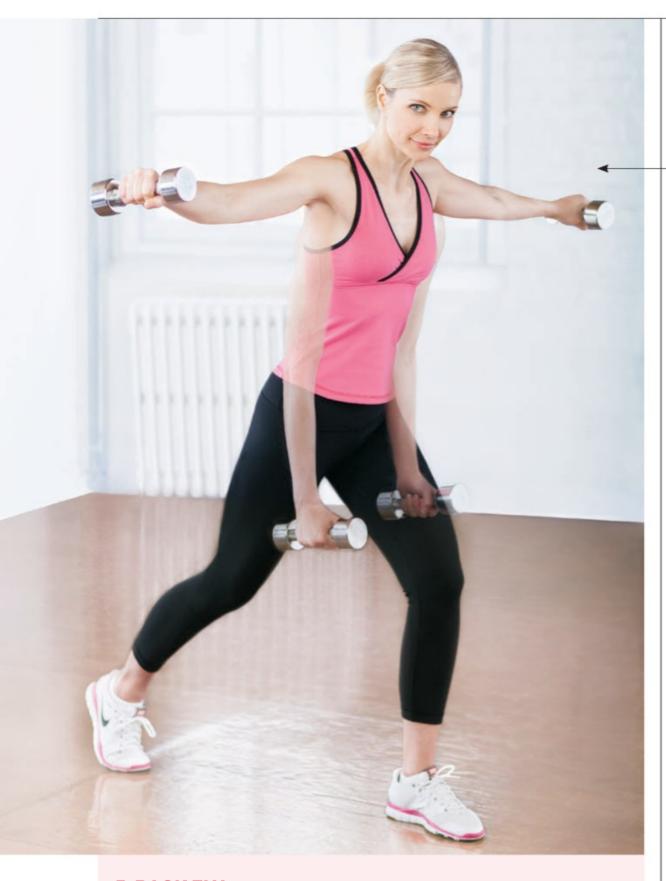
Works: front and sides of shoulders, plus front and sides of abs

- A. Stand with feet hip-width apart, abs tight. With both hands, grip the ends of one medium dumbbell. Place your arms straight down toward the floor with hands and the dumbbell in front of your left hip. Knees should be slightly bent.
- **B.** Without arching your back, rotate your torso and pivot onto the ball of your left foot as you turn slightly toward the right. Keep both arms straight while you raise them diagonally across your body from your left hip to overhead on your right side. Hold for two seconds, keeping abs tight.
- **C.** Slowly return to starting position. Do five to 10 reps; switch sides.

BONUS: To also work your abs, rotate slowly through your torso as you raise your arms.







BONUS: This is a great posture enhancer as it targets the back of your shoulders.

6. SIDE-LYING EXTERNAL ROTATION

Works: muscles in the rotator cuff

A. Lie on a mat on your right side. Place a small folded-up towel under your head and bend your right arm, tucking it between your head and the towel to support your head. Straighten your legs, and cross your left leg over your right one. Hold a light dumbbell (or a can of beans) in your left hand.

B. (Shown) Bend your left arm to 90 degrees, keeping your upper arm and elbow against your side with the dumbbell touching the mat and your palm facing in.

Throughout this move, keep your left wrist straight and the elbow touching your side. Rotate your left forearm upward until it points toward the ceiling, your palm facing forward. Keep squeezing the muscles in the back of your left shoulder. Don't allow your body to roll forward or backward.

C. Return to starting position. Do five to 10 reps; switch sides. **

TIP: Rotator cuff muscles are often weaker than deltoids, so using a light dumbbell helps ensure proper technique.

5. BACK FLY

Works: back and middle of shoulders, upper and mid-back

A. With a medium dumbbell in each hand, step your right foot forward about two feet. (Next time you do this workout, step forward with your left foot.) Bend your front leg into a semi-lunge and hinge forward slightly from the waist. Keep back straight, abs tight and body weight slightly forward. Roll your shoulders back and down.

B. (Shown) Straighten your arms down toward the floor, hands and dumbbells aligned under shoulders. Slowly raise your arms to the sides, palms down and elbows slightly bent, until hands are just under shoulder height.

C. Lower arms back to starting position. Do eight to 12 reps.

58 JUNE | JULY 2019 best health

ADDED SWEETENERS



No Sugar, No Sweeteners
100% naturally sourced psyllium fibre

© 2019 P&G





when you buy any ONE Metamucil® product (excludes trial/travel size, value/gift/bonus packs)

DEALER: We will reimburse the face value of coupon plus our specified handling fee provided you accept it from your customer on purchase of brand specified. Other applications constitute fraud. We in our sole discretion may refuse reimbursement where we suspect fraudulent redemption has occurred. Applications for reimbursement received after 3 months from expiry date as indicated on this coupon, will not be accepted. Reimbursement will be made only to retail distributors who redeemed coupon or holder of Procter & Gamble, Inc. certificate

of authority. For redemption mail to: P&G, P.O. Box 31000, Scarborough, ON, M1R 0E7. GST/HST/QST and Provincial Sales Tax (where applicable) are included in face value of coupon. **PROCTER & GAMBLE INC.**, **TORONTO**, **ONTARIO CONSUMER: LIMIT ONE COUPON PER PURCHASE** of products and quantities stated. **Use of more than one manufacturer coupon per product is strictly prohibited**. Coupons not authorized if purchasing products for resale. Void if transferred, sold, auctioned, reproduced or altered from original. You may pay sales tax. P&G accepts no liability for printing errors or omissions. No cash or credit in excess of shelf price may be returned to consumer or applied to transaction. Coupon acceptability is based on applicable laws and regulations of each province. **Valid only in Canada**. © **2019 P&G**



MANUFACTURER COUPON EXPIRATION DATE: August 31, 2019

New York State of Mindful

Here's how to wind up, and down, in the Big Apple by COURTNEY REILLY-LARKE

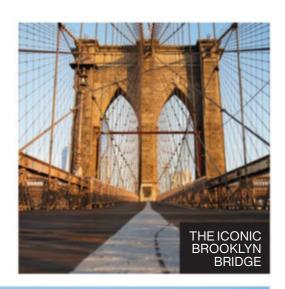
MOVIES RUINED NEW YORK

summers for me. Thanks to scenes of leaf-crunching strolls through Central Park (I'm looking at you, You've Got Mail) and sparkly Christmases in Rockefeller Center, I always felt like it was a city best explored in the colder months, wool coat on and hot beverage in hand. Summer holidays should be for enjoying places with natural beauty and getting your fix of sun, sand and relaxation. Not only that, but it's a good time for a mid-year break, and NYC seems like sensory overload. I was content to leave the sizzling stoops of brownstones free for the real New Yorkers to loiter on. But after this trip to Manhattan, I realized that summer is the season to visit. The weather is just right, there's a softer side to discover (with help from nycgo.com, the digital equivalent of having a New Yorker friend) and, yes, there's even natural beauty. Punctuate the trip with a beach vacation within your vacation and you're golden. Here's how to have a relaxed summer getaway in the city that never sleeps.

STAY HERE

The James New York - NoMad

Opened in early 2018, this 337room boutique hotel in the NoMad
district is steps from some of the
'hoods that make NYC shine, like
Greenwich Village and Chelsea.
Aside from the as-chic-as-it-iscozy atmosphere, the wellness
touches make it a great home base
to do your thing from, such as in
room-massages and a 24-hour





STOCK

fitness centre (complete with Peloton bikes). They even offer a digital detox program: Your phone is locked up during your stay, and if you complete the challenge, you're offered 10 percent off your booking fee – just make sure to get the hang of the numbered streets before you ditch Google Maps. jameshotels.com/new-york-

DAY TRIP HERE Brooklyn Botanic Garden

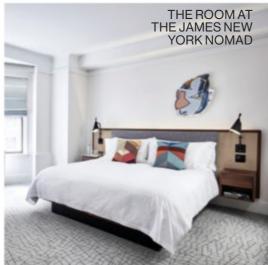
nomad

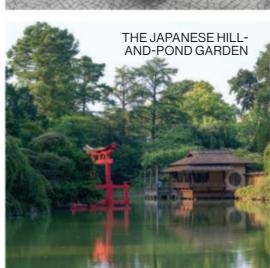
Trip over to hip and happening Brooklyn to enjoy this sprawling urban garden with magnolialined paths and ponds bobbing with lotuses and lilies. Explore the distinct gardens within, including the Shakespeare Garden and Cranford Rose Garden, but make time for the Japanese Hill-and-Pond Garden. Complete with a koi pond, it's the most visited Japanese-inspired garden outside of the country. Indulge in a scenic lunch at Yellow Magnolia Café, where you'll dine on vegfocused fare in an airy space overlooking the lily pool.

yellowmagnoliacafe.com bbg.org

HIT THE TOWN HERE Gallow Green

Gallow Green, the rooftop restaurant atop the McKittrick Hotel, takes the term "atmospheric" to new heights. Lush greenery, twinkling lights and cozy dining nooks in gutted vintage train cars create a unique secret-garden environ-



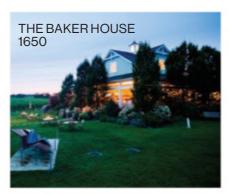








ment that competes with sweeping views of the city. But the food isn't about to play second fiddle (or third fiddle, if you happen on a night with live music) to the surroundings. Nosh on fresh spring veg with a photo-worthy crudité bowl (spoiler alert: flowers) or indulge in creamy burrata with heirloom tomatoes before moving on to a kale and anchovy pizza that gives "authentic" NYC slices some competition. mckittrickhotel.com/ gallow-green

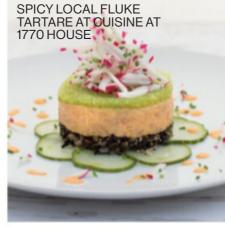




THE 'ZA AT GALLOW GREEN







LONG ISLAND

Wave bye to the city and hi to actual waves. Hop on the Long Island Rail Road at Penn Station and, in a matter of hours, you'll arrive on this 190-kilometre strip that's home to The Hamptons, worldrenowned beaches and more than 50 wineries.

STAY HERE The Baker House 1650

On the eastern part of Long Island, you'll find the The Hamptons, a vacation community as quaint as it is renowned. Settle into The Baker House 1650, a historic bed and breakfast just steps from downtown and, most importantly, a 20-minute walk to the beach. The spa, which features an endless pool, massage services and a steam shower, will have you wondering if this is a B&B at all, but the resident yellow Lab, Bogey, will make you feel right at home. Bonus: It's also mere steps from where they film *Barefoot Contessa*. bakerhouse 1650.com

DINE HERE 1770 House and Inn

Just a four-minute walk (we told you we'd keep this low-key) from your digs is The 1770 House Restaurant. Start with the oysters (East Coast sourced, of course) before digging into dishes like Scottish salmon with Brussels sprouts and butternut squash. Whatever you nosh on, save room for a cappuccino crème brûlée. Bon appétit! 1770house.com

SUN HERE

East Hampton Main Beach

Grab a towel and stroll half an hour from The Baker House 1650 to East Hampton Main Beach. Simply take in the sand and sun or rent everything from surfboards to stand-up paddleboards to kayaks at the nearby rental shop.

SIP HERE Bedell Cellars

Head to the North Fork of Long Island to visit this sustainably run, family-owned winery. Their wines have earned critical acclaim and were even served at the 2013 presidential inauguration (NBD). Come for the résumé and stay for a wine tasting on their expansive patio overlooking the vineyard. **bedelicellars.com**



You can probably relate: between juggling her job and family, she was constantly exhausted. She put off going to the gym because, well...she was just too tired. Some nights, making dinner seemed like a heroic task. Then Amanda learned that she was suffering from iron deficiency, the most common nutritional deficiency worldwide. Amanda turned to Floradix, an easily absorbed, plant-based, liquid iron and vitamin formula that has been helping women reclaim their energy for over 60 years. If you can relate to Amanda—the constant fatigue, pale skin and dark circles under your eyes—it's time to reclaim your energy with Floradix.

Free of Artificial Additives & Preservatives Vegetarian | Non-GMO | Non-constipating







f Follow us for recipes and health tips!

Use coupon code "Besthealth" on www.nupasta.com for 10% off

BEST EATS

MENUS + MOTIVATION

LOVIN' SPOONFUL

Turmeric is the superhero spice that's popping up on trendy menus everywhere – golden latte, anyone? But its real secret power is that it cuts the production of cancer-causing chemicals when barbecuing. Our resident nutritionist dishes on its benefits.

by MEGHAN TELPNER | photography by GEOFFREY ROSS





HERE'S WHAT YOU MAY ALREADY KNOW ABOUT

turmeric: It's a popular root in curries and has gained significant claims to fame as the shining star in a hot elixir known as the "golden milk latte." Its glowing yellow-orange colour enhances any dish and potentially stains your blender, counter, hands and clothing (all washable, except for your white T-shirt).

Here's what you may not know: As part of the same family of healing roots as ginger, turmeric is coveted for its phytonutrient curcumin, a potent anti-inflammatory, which has been shown to be just as effective as – and in some cases, more effective than – non-steroidal anti-inflammatories (NSAIDs). FYI, you'd have to take it in supplement form to reap those benefits.

But the best-kept secret of this culinary wonder is that it will make your barbecued food healthier! Truth: turmeric has the ability to offset some of the negative health effects of high-heat cooking.

Sorry to be your barbecue buzz kill, but grilling meats creates heterocyclic aromatic amines (HAAs), a group of chemicals that forms with high-heat cooking of animal proteins and is associated with an increased risk of colorectal cancer. However, early research shows that marinating your meat or fish in a sauce that includes turmeric can help reduce the production of HAAs when grilling.

But wait, that's not all: Curcumin has been shown to be beneficial in protecting the prostate from cancer, reducing symptoms of depression, lowering fasting blood sugar levels and reducing joint pain. With thousands of studies, the list of benefits could go on and on.

HOW TO USE IT

Adding turmeric to your grilling marinades or even

your homemade barbecue sauce is a great way to offset some of the negative effects of grilling. Of course, not charring your meat is also a great first step! Turmeric won't undo subpar grilling skills – yes, I'm throwing that down.

Adding turmeric, freshly grated or dried, to the pan with your cooking oil will help keep the oil more stable, with the added benefit of adding flavour to your food.

If you're looking for a refreshing drink, juicing turmeric root, along with orange and ginger, and pouring it over ice is an amazing summer refresher.

Turmeric has a strong taste, so pace yourself. Start with half a teaspoon of dried turmeric or two teaspoons of fresh turmeric and taste as you go. How much should you use? As much as you find delicious. The beautiful thing about using therapeutic foods in their whole form is that, in most cases, your taste buds will tell you when you've had enough.

DID YOU KNOW?

Prepping recipes with turmeric reduces the cancer risk associated with BBQ'ing.



MEGHAN TELPNERis a nutritionist and author @meghantelpner

66 JUNE | JULY 2019 best health besthealthmag.ca



BLEND A BREAKFAST SMOOTHIE WITH A TASTE OF TURMERIC.

WE DARE YOU.





SEE THE RECIPE AND FEED YOUR INSPIRATION AT

HelloFlavour.ca



Light up the 'cue! We've got your outdoor menu prepped: succulent chicken, smoky shrimp and a juicy dessert. Oh, and did we mention that they're healthy? All our recipes use turmeric, the superhero spice that protects against cancer.

 $recipes\,by\, {\sf JENNIFER}\, {\sf DANTER}$

photography by ANGUS FERGUSSON

food styling by ASHLEY DENTON







PLANKED SHRIMP WITH SMOKY BRAZILIA AVOCADO, PEACH & TOMATO SALSA CHICKEN

PHOTO ON PAGE 70

MAKES: 6 SERVINGS (WITH 1 CUP SALSA) | PREP TIME: 15 MIN-UTES | COOK TIME: 15 MINUTES | SOAKING TIME: 30 MINUTES

Get the most of the smoke - plank both the shrimp and avocado. The woodsy aroma heightens the creaminess of the avocado and adds a layer of complexity to the spiced shrimp.

INGREDIENTS

SHRIMP

2 (340 g) pkg frozen black tiger shrimp (16/20 size), defrosted and peeled (note: 1 bag equals 12 pieces) 2 tbsp (50 mL) olive oil

1 tsp (5 mL) organic coconut palm sugar
½ tsp (3 mL) each garlic powder, ground turmeric,
coarsely cracked black pepper and sea salt
¼ tsp (2 mL) cayenne

SALSA

2 peaches or nectarines, peeled, seeded and diced 12 cherry tomatoes, mixed colours, quartered 1 jalapeño, chopped (including seeds) 1/4 cup (50 mL) coarsely chopped fresh basil 1/2 tsp (2 mL) sea salt 1 lime

1 avocado, cut in half, pit removed

METHOD

- **1. SHRIMP:** Soak one 7- x 12-inch (18 x 30 cm) untreated cedar plank for at least 30 minutes or for up to 24 hours before grilling.
- **2.** In a bowl, combine shrimp, oil, sugar, garlic powder, salt, turmeric, black pepper, salt and cayenne. Let marinate for 15 minutes.
- **3.** SALSA: In a bowl, combine peaches, tomatoes, jalapeño, basil and salt. Finely grate in 1 tsp lime peel, then squeeze in juice. Stir to mix; set aside. Cut avocado in half; discard pit.
- **4.** Preheat grill to high. Have a spray bottle filled with water close by for flare-ups.
- **5.** Place plank on grill; once it starts to smoke, flip over and add avocado, cut side up. Reduce heat to medium. Close lid; grill for 5 to 7 minutes. Remove avocado to a cutting board.
- **6.** Arrange shrimp in a single layer on plank. Close lid and grill for 5 minutes; turn shrimp over and continue grilling until shrimp are opaque and cooked through, 3 to 5 more minutes.
- **7.** Using the tip of a knife, score avocado flesh, making squares. Gently scoop out with a spoon; add to salsa and stir to mix. Serve with shrimp.

PER SERVING

168 calories, 10 g protein, 10 g fat (2 g saturated fat), 11 g carbohydrates. 4 g fibre, 63 mg cholesterol, 258 mg sodium

BRAZILIAN BARBECUE CHICKEN

PHOTO ON PAGE 69

MAKES: 8 TO 10 SERVINGS | PREP TIME: 15 MINUTES
COOK TIME: 40 MINUTES | STANDING TIME: 30 MINUTES

Citrusy and garlicky, with plenty of mild heat, this is a great marinade to keep on hand. Be sure to allow time for the chicken to marinate – the longer, the better. I recommend four hours. To speed up the grill time, butterfly the chicken (see tip). Basically, this means removing the backbone and flattening the chicken so that it cooks faster.

INGREDIENTS

2 lemons

1½ cups (375 mL) coarsely chopped fresh cilantro (leaves and stems)

34 cup (150 mL) extra-virgin olive oil

8 garlic cloves, smashed

2 small bird's eye chilies, including seeds, coarsely chopped

1½ tsp (7 mL) coriander seeds, coarsely crushed

11/2 tsp (7 mL) sweet smoked paprika

1½ tsp (7 mL) organic coconut palm sugar

1tsp (5 mL) ground turmeric

1tsp (5 mL) sea salt

2 to 4 lb (1.81 kg) whole chickens, butterflied (see tip) 4 limes, halved (optional)

METHOD

- **1.** Finely grate peel from 1 lemon into a blender. Squeeze in % cup juice. Add cilantro, oil, garlic, chilies, coriander seeds, paprika, sugar, turmeric and salt. Purée just until blended. Measure out ½ cup; cover and refrigerate for use later.
- **2.** Place chickens in a large casserole dish. Pour remaining marinade overtop. Rub all over chickens and under the skins. Cover and refrigerate for at least 4 hours, preferably overnight.
- **3.** Before grilling, let stand at room temperature for 30 minutes. For gas grills, preheat to medium high. After 10 min, turn off the middle burner. If using charcoal, bank coals on one side of grill.
- **4.** Place chickens, skin side up, on indirect side of grill. Close lid and grill, rotating so that it cooks evenly, for 20 minutes. Occasionally baste with sauce.
- **5.** Turn chickens over; generously baste with sauce. Cover and continue to barbecue, rotating often until skin is deep golden and crisp and a thermometer inserted into thickest part of thigh reads 180°F, about 20 to 25 more minutes. Add limes, cut side down, for last 5 minutes.
- **6.** Remove to a cutting board and let rest for 10 minutes. Cut each chicken into 4 or 5 pieces and drizzle with reserved marinade.

PER SERVING

658 calories, 55 g protein, 45 g fat (10 g saturated fat), 7 g carbohydrates. 1 g fibre, 175 mg cholesterol, 425 mg sodium

72 JUNE | JULY 2019 best health besthealth besthealthmag.ca



ABOVE & BEYOND EXPECTATIONS

We understand there can be a lot of decisions involved with taking medical cannabis. We go above and beyond to make the process as smooth and easy as possible: Our mission is to improve our patients' quality of life.



HIGH QUALITY STANDARDS



SUPERIOR PATIENT CARE

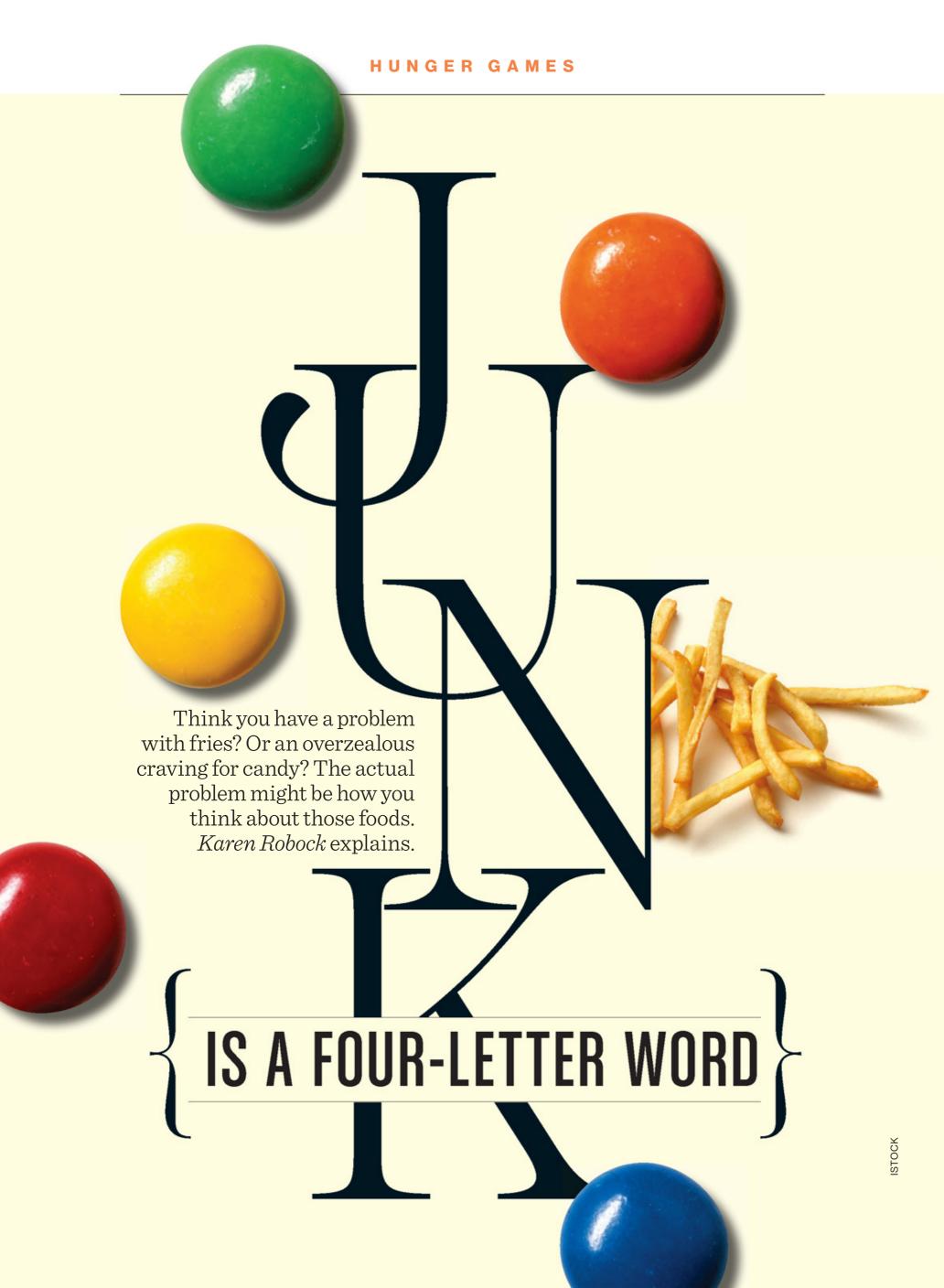


TRUST & ACCOUNTABILITY





All Aphria products are backed by our *Seed-to-Sale Certified* quality guarantee, a comprehensive quality management program that includes *509 steps* and ensures that we only sell high-quality medical cannabis.



WE'VE ALL THROWN AROUND THE PHRASE

"junk food" to describe everything from chocolate chip cookies to a meal from your favourite burger joint. But for some people, it's a term loaded with guilt, shame and even dread. For someone who struggles with what they consider a junk food addiction, these seemingly harmless indulgences can be at the heart of a serious mental and physical health problem.

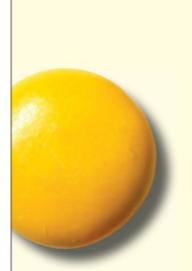
"Here, at the National Eating Disorder Information Centre (NEDIC), we strongly advise against this type of language when talking about food," says Emily Tam, a special projects lead at the NEDIC and a registered dietitian. Using moralladen language, such as "bad," "clean" and "junk," can make people feel guilty and ashamed when they eat these foods and subsequently lead to poor relationships with food. "It's important to understand that using these types of words and being unnecessarily restrictive [with what you eat] can lead to binge eating and what feels like food addiction," she says.

Not all nutrition professionals agree on whether food can be considered clinically addictive, but there is a consensus on the toll that this type of eating can take. "I don't think we have sufficient scientific evidence to support this theory that junk food addiction exists," says Tam. "But that's not to say that people don't experience problematic eating as being an addiction." If someone finds themselves eating in ways that feel out of control, it may be helpful for them to label their eating difficulties as an addiction. "That's their experience, and it's totally valid," she says.

Plus, many people who identify with food addiction also have binge eating disorder, a recognized mental disorder in which someone feels out of control around food. "At least two percent of people will experience binge eating disorder at some point in their lives," says Tam.

The bottom line? For many so-called "junk food addicts," it comes down to removing the taboos around certain foods, rejecting dieting and other forms of restrictive eating and giving themselves unconditional permission to eat. "In my experience, when people truly make peace with food, they don't have these feelings anymore," says Sarah Berneche, a registered holistic nutritionist and certified intuitive eating counsellor in Toronto.

In other words, once those salty snacks, sweet



Using moral-laden language, such as "bad" and "junk," can make people feel guilty and ashamed when they eat these foods.

desserts and takeout meals are no longer forbidden and are normalized over time, they naturally lose their lustre. "We don't have these addictive feelings about salad," says Berneche. "We can have it any time because it's deemed healthy."

"If you aren't looking at food as 'good' or 'bad' any longer, you might not feel compelled to eat many of those foods that are seen as junk because you've developed more flexible thinking around food," says Tam. "I think a natural result of making peace with food and seeing all of the different kinds of food neutrally is being able to eat in a more balanced way."

Try these strategies to help you reprogram your perspective on so-called "junk food."

EAT MORE OFTEN

Raise your hand if you've ever worked through lunch and then grabbed a pizza on your way home simply because you're too hungry to even consider cooking. We don't tend to make the best food choices when we're famished. And if you're doing this on the regular, it can set you up for a reliance on fast food. Tam says she often begins by coaching clients on prioritizing nourishment and making time for food. "Start by building in regular mealtimes and snack times throughout the day so that you don't find yourself grabbing what's on hand," she says.

If you always skip meals, you've probably lost touch with some of your body's natural hunger cues. But these will slowly come back after a few months of more-scheduled eating. Eventually, you'll be able to listen to yourself to dictate when you need to nosh.

KNIT WHILE YOU NETFLIX

If you usually down a bag of chips while you watch *Tidying Up with Marie Kondo*, it might be time to clean up your snacking habits. If you're planning a Netflix binge, you might want to think ahead and, when you're about to sit down, check in with yourself to figure out if you're hungry, suggests Tam. Do you really want those chips or is it something you've just grown used to pairing with TV time? You can try other activities while you watch your screen if it's a matter of keeping your hands busy. Anything from knitting to folding laundry might do the trick. But if you do snack just for fun sometimes, don't beat yourself up. Tam makes it clear that it's not "bad" or "wrong" to eat in the absence of hunger.

PACK ON THE PROTEIN

Fans of low-carb and high-fat eating plans, such as keto and paleo diets, are probably getting enough protein throughout the day, but many women are still missing out on this crucial piece of nutrition. "Protein is important for satiety, so ensuring that your meals are comprised of a mix of carbs, protein and fat can help maintain good energy," says Tam. Some research has also shown that a high-protein diet can cap your sweet tooth. Nibble on eggs at breakfast, a salmon salad at lunch and grilled chicken with dinner to help curb sugar cravings. Try veggie sticks with hummus or a smoothie that contains almond milk and protein powder to keep you going without junk in between.

EAT FOODS YOU LOVE

(AND NIX ONES YOU TRULY LOATHE, EVEN IF THEY'RE "HEALTHY")

"It's OK to hate avocado!" says Tam. Despite what social media is telling you, you don't have to like kale or bone broth either. Your best bet for balanced eating is to build your meals around foods you actually like to eat. "Yes, they are nutritious foods, but there are plenty of other foods you can eat to get the same nutrition," says Tam. Forcing yourself to down so-called "health foods" you dislike can backfire big time: If you're walking away from the table feeling unsatisfied, you're more



Need help with food issues?

The National Eating Disorder Information Centre is a Canadian non-profit resource that can help. Check out *nedic.ca* for more info.

likely to turn to comfort foods later. Focus on those good-for-you meals and snacks that make you feel good, too.

DON'T JUST EAT; DINE

"We often don't actually sit down and savour our food," says Berneche. "We are always eating in a rush, and that's problematic, too." If you're guilty of eating on the run all the time, begin by committing to family dinners, even a few times a week. Then turn off the screens, set the table and sit down to a meal. "This might be a bit much for some people, but if you like cloth napkins, candles and music, you can really make dinner feel special," she says. And this bit of ambience can really add to the enjoyment of your food.

If your dinner repertoire is limited, it might be time for some inspiration. Sign up for a cooking class or allow yourself to reimagine market offerings. You may never eat Brussels sprouts because you detested the way Grandma served them, but that doesn't mean you won't enjoy them now, roasted with bacon. "I also recommend going to the grocery store and seeing what looks good to you in the moment," says Berneche. That's another way to open your mind to new possibilities and ways of enjoying foods of all types. "I encourage you to focus on a balanced approach that makes room for all types of food, even those that are widely seen as junk food," says Berneche. "

BEST LOOKS

IDEAS + INSPIRATION



AND THE GOLDEN GLOW GOES TO ...

You! Creating the quintessential summer sparkle is easy when you start with the best products. Our Beauty and Style Director curates her favourites of the season. by INGRIE WILLIAMS | photograph by GEOFFREY ROSS



1. Fall head over heels for notes of honey, gardenia and patchouli.

JEAN PAUL GAULTIER SCANDAL EAU DE PARFUM. \$150

2. This one-stop shop creates a perfectly sunkissed complexion.

M.A.C. COSMETICS ELECTRIC WONDER IRIDESCENT POWDER IN SERENITY SEEKER, \$40

3. A luxe cushion gel texture imparts radiance while smoothing your skin.

STILA LINGERIE SOUFFLÉ SKIN PERFECTING PRIMER IN SHEER ILLUMINATION, \$47

4. This fusion of international salts and rich oils removes dead skin cells while bestowing moisture. **GOOP** G.TOX 5 SALT DETOX BODY

5. Ideal under SPF, this berry-powered serum brightens, hydrates and controls oil.

SCRUB, \$56

VOLITION STRAWBERRY-C SERUM, \$60

6. Use this creamy formula to add a head-turning glow to lips, cheeks and eyes. **NARS** MULTI-USE GLOSS IN REDEMPTION, \$31



INGRIE WILLIAMS
Beauty & Style Director
ingriewilliams



FIND A FLATTERING SWIMSUIT

Pro tips to get you in the swim of things | by INGRIE WILLIAMS



While the bold graphic catches the eye, the edgy silhouette balances broad shoulders **TED BAKER LONDON**

CUT-OUT SWIMSUIT,



An underwire bustier with molded cups provides support in floral form, with Mrs. Maisel-era vibes.

LA VIE EN ROSE BUSTIER SWIMSUIT,

MAKING THE MOST OF OUR

glorious Canadian summer means putting your bod in a bathing suit. To crush the task (and not your self-esteem), how you shop for swimwear can have a major influence. "The fear of not finding something flattering or simply not knowing what styles to look for can be extremely daunting for most women," says Leah Heenan, owner of Melmira, a long-standing Toronto destination for lingerie and intimates. But with a few insights, you can direct the situation to a positive outcome. "Rather than getting caught up in the latest trends, focus on finding a style that flatters your figure," she says. At its core, an amazing swimwear fit is a game of proportions that uses visual illusions to enhance your assets. Here are Heenan's top tips.

FULLER MIDSECTION

Try a suit with ruching (gathered fabric) to help disguise the tummy and a V-neck to create length.



A mirrored print, plunging neckline and curve-boosting trim equal maximum elongation from every angle.

WINNERS PRINTED SWIMSUIT, \$80

FULLER BUST

Look for a swimsuit with a supported bustline to create a long, slimming silhouette - more specifically, a bra-cup-sized design that features underwire, extra banding or side panels.

SMALLER BUST

Create fullness with enhanced padding or fabric details like ruffles. "Be mindful of balancing the amount of fabric on the body to create a continuous effect," says Heenan. "Less fabric on top than on the bottom can create the illusion of a smaller bust and larger hips."

CURVY BOTTOM

To balance out your hips and thighs, choose a style that draws the eye upward, like a swimsuit with a halter neckline.



Asymmetrical lines and savvy colour blocking combine to pull the focus from curvy hips and thighs.

OLD NAVY ONE-SHOULDER SWIMSUIT,



Sheer and opaque panels make for contrast and coverage that enhance an hourglass shape.

BLEU ROD BEATTIE MESH-PANEL SWIM-SUIT, \$139

Cast your net wide to boost your success rate. "It's important to find a store with a large selection," says Heenan. To flip the script on swimwear shopping, Heenan and her team (which includes her three sisters, also co-owners) take the lead, diving into options from the Aussie hitmaker Seafolly or Montreal's luxuriously chic Shan. "We specialize in fittings and create a spa-like, one-on-one experience," she says. "Nothing is on display, and your consultant brings several options directly into your fitting room, based on your guidance and their power of suggestion."

"Impressive" is one word that sums up the results. "Instead of settling for what looks OK, you'll find that the hardest part is choosing your favourite!" she says.

If you're shopping online, take $advantage\ of\ the\ live\ chat\ function$ offered by Canadian retailers Swimco and La Vie en Rose. They can connect you with a fit expert for a more personalized experience. If

SUMMER HAIR S.O.S.

Say so long to fading, dryness and frizz $\mid by$ INGRIE WILLIAMS



ALTERNA CAVIAR ANTI-AGING INFINITE COLOR HOLD SHAMPOO, \$40



SHEAMOISTURE SILICONE-FREE MIRACLE STYLER LEAVE-IN TREATMENT, \$14





TRESEMMÉ BETWEEN WASHES DRY SHAMPOO VOLUMIZING, \$6

HEADS UP! WHILE SUMMER SUN

can do wonders for your mood, it can also do a number on your hair. Now for the good news: Getting the jump on colour fading, dryness, frizz and greasy roots is as easy as having the proper products on hand.

BRIGHT SPOT

When you're in a steady relationship with your colourist, using a shampoo and conditioner formulated for colourtreated hair is the first line of defence against fading. Using a sun protection spray regularly and wearing a hat for extended exposure will further protect your investment, says salon owner and Alterna Haircare brand ambassador Salvatore Leonetti. When used together, they'll help maintain vibrancy and extend results between services, but a shade shift is inevitable. In fact, the pros expect it. "I'm never too concerned with a small level of fading," says Leonetti. "That's a normal process."

CONDITIONED RESPONSE

Sunlit activities interspersed with watery cool-downs are the ultimate summer goal. Unfortunately, that cycle can quickly alter hair's moisture levels. "Sun and water are drying, so allowing hair to air-dry with nothing to protect it will start to strip away moisture," says Ashley Readings, a Toronto-based hair and makeup artist and TRESquad stylist. Treat hair with a moisturizing shampoo and conditioner and have a leave-in treatment on standby. For maximum nourishment, Leonetti recommends using a hair mask – a beauty trick inspired by his Brazilian wife. "Women in Brazil will sit on the beach with a tub of hair mask," he says. "They run in the water, come out, douse their hair in it and brush it through." If you have fine or brittle hair, choose a protein- or keratin-enriched mask designed to rebuild strands. "Keep



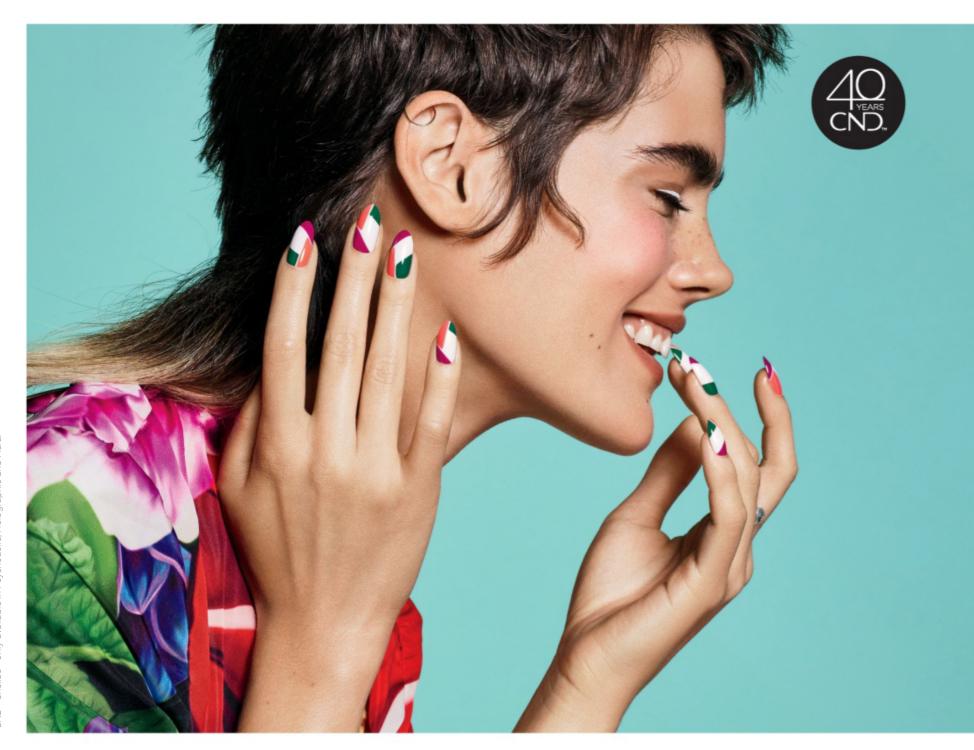
products, and be generous with them."

DRY RUN

If, like Readings, your version of summer lovin' involves two wheels, you'll appreciate her quick fix for helmet head. "Dry shampoo is my go-to and always in my bag because I have very oily roots and my bangs get sweaty," she says. "When I take off my helmet, it's a hero product that gives some volume back and absorbs oil." It can also be used to manage greasy roots by reducing overcleansing. "I'm a big believer in dry shampoo because you can't wash your hair every day," says Leonetti. Daily cleansing can send hair follicles into overdrive, producing more oil and worsening the issue. "It's smarter to use a dry shampoo and extend longevity from one wash to another," he says. "If that requires using a healthy amount of dry shampoo every second day and then washing hair on the third day, that's fine." by









Shock this summer with urban shades.

NEW BOLD COLORS.



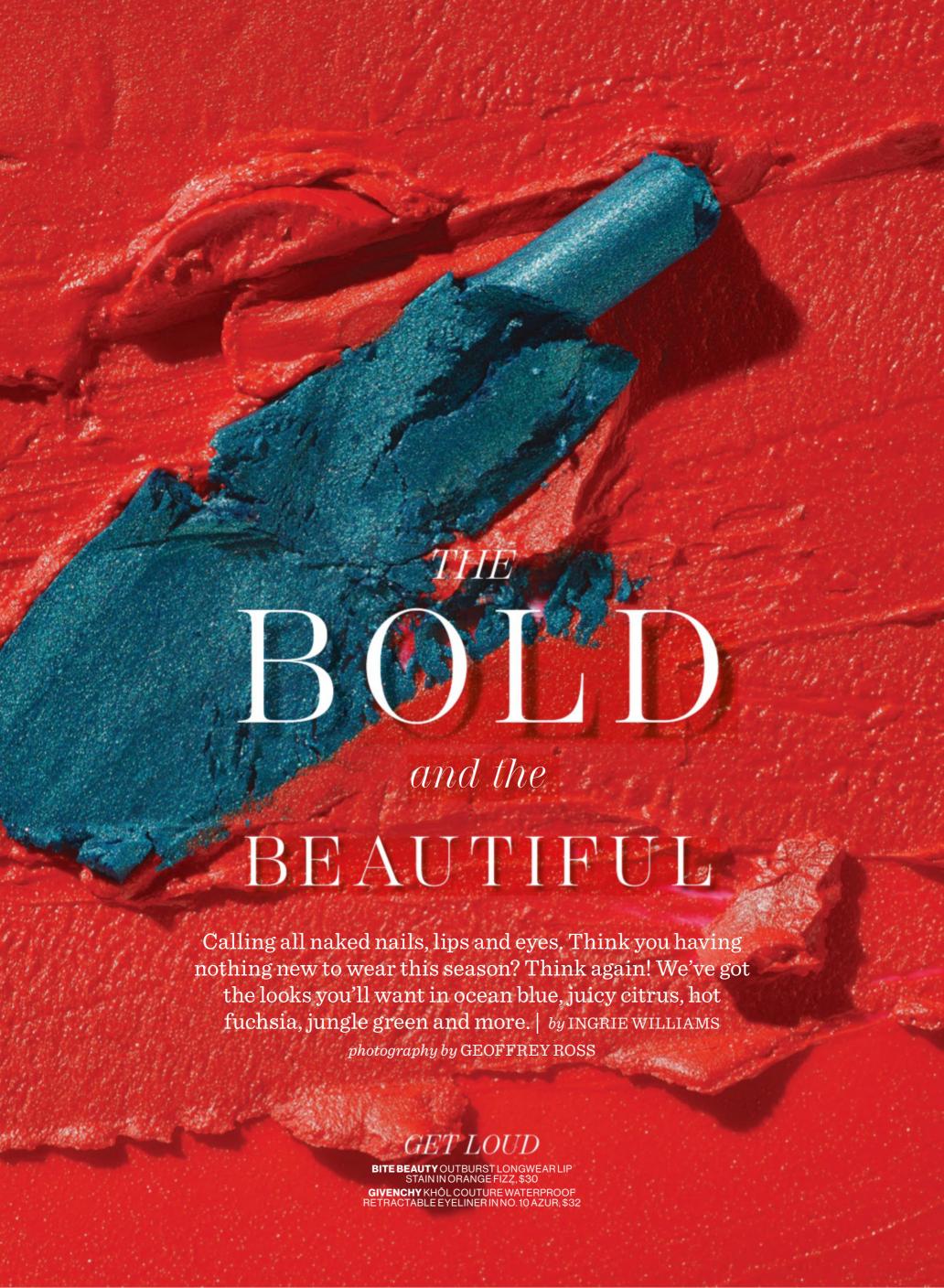
Follow us @CNDCanada

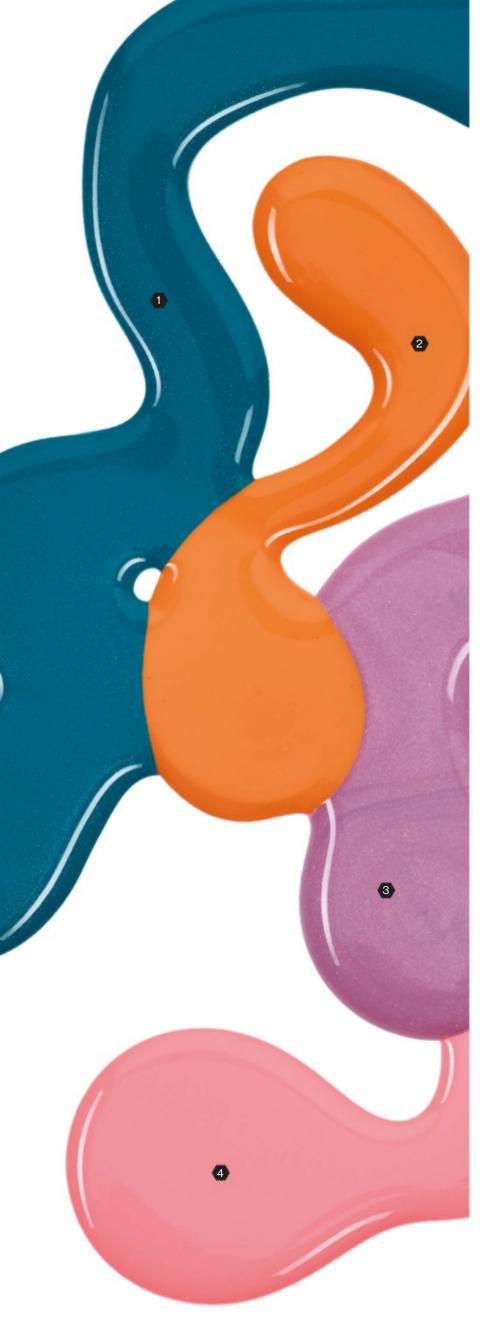




MATCHING SHADES
LASTING WEAR+SHINE
EASY REMOVAL
100+ COLORS







NAILS

PAINT JOB

Choosing a vibrant nail polish shade is equal parts artistry and intuition. "Certain bright shades are easier to carry off than others," says Tamara Di Lullo, a CND Education Ambassador, nail artist and owner of Candy Nail Bar in Montreal. "If you're reluctant about yellow or green, try warmer shades, like coral and pink, which are universally flattering." Regardless of hue, flawless application involves adding thin layers and creating a beautiful shape with the first coat. "You only need to have one side of the brush wet," she says. "Put it on a 45-degree angle to control the excess so it won't pool into cuticles or side walls of nails." For the second coat and optional third, Di Lullo lays the brush nearly flat to glide polish over nails. To avoid indentations and light patches near cuticles, adjust the angle of your brush, she says.

ART LESSON

Nail art takes bright colours to the next level. "Colour blocking, or using negative space, is really easy to handle," she says. "You could do one nail or part of a nail – you don't have to do all of them." Substituting colours, like pink and red, in a classic white-tipped French manicure is popular. Di Lullo's only rule is with regard to proportions. "Always consider the way that the colours are positioned and create an effect that elongates nails," she says. "A light pink nail with a red stripe across it visually shortens the nail. Instead, you want something that will make the nail look longer, like red at the tip."

IN THE BUFF

Dipping your toes in carefree colour? Try Di Lullo's latest must-have: Holographic, a cool peachy-pink from CND's summer collection. But wherever you land on the rainbow, gentle upkeep is required. "Sandals create calluses, so it's normal that you'll have more in summer than winter," she says. To remove dead skin gently, she recommends a pumice stone or foot file. It should be for personal use only – not shared – and washed after every use. And take a stand against blades. "No cheese graters on the feet, please!" she insists. "You should especially avoid them if you have diabetes. Metal blades are really unnecessary. If you have good maintenance, you don't need that kind of aggressive removal process."

- 1. SINFULCOLORS POLISH IN RISE & SHINE, \$3
- 2.CND VINYLUX LONG WEAR POLISHIN GYPSY, \$13
- 3.SUNCOAT WATER-BASED NAIL POLISH IN LILAC, \$12
- 4. QUO BY ORLY NAIL POLISH IN AFTER GLOW, \$11

LIPS

COLOUR THEORY

For a mood booster in micro form, look no further than a bold lip colour. "Bright colours enhance lips, making them appear more voluptuous and giving you more swagger," says Jodi Urichuk, a Canadian makeup artist and expert for L'Oréal Paris who has worked with famous faces like Laura Dern and Serena Williams. "When you wear a red lip, you walk completely differently, feel differently and radiate differently." Spicy shades of pink, coral, orange and red complement every skin tone, as does a relaxed application. "You don't need to have that hard line," she says. "The look now is softer, even though it's packing a punch. The edges are powdery." To DIY, use a lip brush to gently blur the lipline "so that it's more like a stain and less like a hard, painted lip."

PRIME TIME

For a bold lip to headline, there's an opening act to address. "Exfoliating your lips and having a smooth palette for products is key, especially if you're going to wear a bright matte lip colour," says Urichuk. "You want your lips to look hydrated." Try Eos Tropical Escape (\$10), a handy two-piece set that includes a gentle sugar scrub and balm infused with coconut oil. If feathering or bleeding is a concern, consider using a lip primer, a translucent lip pencil or even a light dusting of finely milled face powder over top of lips to enhance its staying power. "It just gives you an extra safety zone so that you know the lip colour won't go anywhere," she says.

GLOW BUG

Is matte just too much? Pivot to a lively coloured gloss, which Urichuk always endorses. "I love lip gloss, and I take a few things into consideration when choosing one," she says. "First, ask yourself how you want it to perform. Think about whether it's for hydration, plumping or long wear." When it comes to shade selection, your complexion can inform your choice. "Generally, with a sheer lip gloss, going one or two shades darker than your actual lip colour is a good way to gauge it," she says. This summer, metallic glosses are having a moment, and the pro is here for it. "Women at any age can wear a little sparkle these days, and we should embrace it because it's youthful and fun," she says.

- 1.QUO LIP BOOST PLUMPING GLOSS IN HOT STUFF, \$12
- 2.COVERGIRL EXHIBITIONIST CREAM LIPSTICK IN BOMBSHELL PINK, \$11
- 3. YVES SAINT LAURENT BEAUTY TATOUAGE COUTURE LONG LASTING MATTE LIPSTICK IN 03 ROSE INK, \$45
- 4. ALMAY LIP VIBES IN SMILE, \$10
- **5. GIVENCHY** GLOSS INTERDIT VINYL IN NO. 14 SOLAR ORANGE, \$37
- 6. CHANEL ROUGE ALLURE LIQUID POWDER IN 962 ELECTRIC BLOSSOM, \$46
- 7. MAYBELLINE NEW YORK COLOR SENSATIONAL LIPSTICK IN RUBY FOR ME, \$11
- 8. L'ORÉAL PARIS ROUGE SIGNATURE IN 422 I DON'T, \$14
- 9. BUXOM WANDERLUST FULL-ON PLUMPING LIP CREAM IN GOA GIMLET, \$26





EYES

LOOK WHO'S TALKING

Your eyes speak volumes, and choosing to complement them with a bright colour is an effective dial-up. "I wish more women knew it's not as scary as they think," says Urichuk. "Colour on the eyes actually makes your eyes brighter and more noticeable. You can focus on something you're really confident about." Success starts by aiming for contrast. "I don't like to make rules about colour – you can play with it," she says. "Someone with green eyes shouldn't necessarily avoid green. It depends on the colour of green chosen. If it's a little different than the colour of their eyes, it's still going to look amazing." Rich tones (think teal, cobalt, aubergine and forest green) top her preferences.

LASH OUT

For ease of use and subtlety, try a coloured mascara. "It's a sneaky way to start, and not overwhelming," says Urichuk. "Plum and eggplant shades are very underrated. They're beautiful options instead of brown." Blue and green also get her approval. To add eye-catching intensity, pair any coloured mascara with an eyeliner in a similar shade. "You don't have to wear a hard line: Dab six or seven dots across the lash line and smudge it with a brush." Another foolproof option: Put the spotlight on vibrant eyeliner. Urichuk suggests "wearing a splash of colour on the bottom lash line and regular mascara."

SHADOW PLAY

"Keep colour from the lash line up to the crease, and fade it out with a fluffy brush," says Urichuk, stressing the importance of blending to avoid hard lines. You can also power up any pastel tone like a pro. "My trick is to apply a base of white eyeliner and then shadow on top," she says. "It gives any colour extra pop." Try Kat Von D Beauty Cake Pencil Eyeliner in White Out (\$24). The cream-to-powder formula provides long wear in a 100 percent vegan formula. To further advance your skill set and final results, explore different textures of shadow in the same colour family. "It's nice to layer products to create a bit of dimension, like a wash of matte powder with shimmer overtop in the middle of the eye," she says. "You draw more attention to the colour." "

- 1+2.COVERGIRL EYESHADOW PALETTE IN TRUNAKED DAZED, \$15
- 3. SEPHORA VOLUME ON MASCARA IN 02 NAVY BLUE ON!, \$13
- **4.SEPHORA** COLORFUL EYESHADOW IN 318 VERY BAD, \$10
- 5. SEPHORA COLORFUL EYESHADOW IN 344 MAKE A WISH, \$10
- 6.L'ORÉAL PARIS LA PETITE PALETTE IN OPTIMIST, \$15
- 7. YVES SAINT LAURENT COUTURE EYE PALETTE IN LUXURIANT HAVEN, \$71
- 8. LISE WATIER EYE SHINE IN PEACOCK, \$24
- 9. MARCELLE WATERPROOF EYELINER IN PURPLE RAIN, \$11
- 10.SMASHBOX L.A. COVER SHOT EYE PALETTE, \$58



ULTIMATE PRIZE PACK DRAW

THE BEST SING TO BE WON PER PERSON!

ENTER FOR A CHANCE TO BE 1 OF 4 LUCKY READERS TO WIN ALL PRIZE PACKS FEATURED

SISU

Enjoy summer to the fullest with help from Sisu. Enter for a chance to win this fantastic prize pack filled with immune boosting vitamin C and other essential vitamins and minerals to help you feel your best and release your inner strength.

Value: \$50 sisu.com





HEALTHY PLANET

At Healthy Planet, our goal is to make the world healthier and greener one day at a time. From the vitamins, supplements, produce, groceries & health foods we sell, to the socially responsible manufacturers & distributors we work with, we put everything we do through the Healthy Planet filter. Enter for a chance to win a \$50 gift card from Healthy Planet.

Value: \$50

healthyplanet.com

GO TO BESTHEALTHMAG.CA **TO KEEP YOUR #BESTHEALTH VIBE GOING!**

BEST YOU

This is also the perfect time to unplug, put down the tech, and pick-up a paperback. To help you choose your next book, we've reviewed the best new releases including breezy beach reads and intense thrillers.





Speaking of sunny days, consider this our annual PSA to be smart about sun exposure and protect yourself from damaging UV rays. To help you choose a sunscreen, we've rounded up our favourite mineral options and created a helpful guide on what to look for when it comes to picking a reef-safe sunscreen. Plus, check out our swimsuit picks – all from Canadian brands!



BEST EATS

Finally, summer just isn't complete without a big backyard BBQ. We've got your grilling needs covered with recipes to please everyone from your meat-loving husband to your vegan cousin. Complete the meal with a cold beverage; we've got deets on new fruit-infused



COORS SLICE, \$3 PER CAN; **KETEL ONE BOTANICAL** CUCUMBER & MINT. \$36

SHOPPING GUIDE

Products in this issue available at mass retailers unless listed below.

AGEOFF: WELL.CA

ALTERNA: SEPHORA, SEPHORA.CA

AVÈNE: PHARMACIES, SHOPPERSDRUGMART.CA

BITE BEAUTY: BITEBEAUTY.COM **BLEUROD BEATTIE: SWIMCO.COM** BUXOM: SEPHORA, SEPHORA.CA

CHANEL: CHANEL.COM

CYBERDERM: THEDETOXMARKET.CA DAVIDSTEA: DAVIDSTEA, DAVIDSTEA.COM **DOLCE & GABBANA:** SHOPPERS DRUG MART

BEAUTY BOUTIQUE STORES

GIVENCHY: SEPHORA, HOLT RENFREW

GOOP: GOOP.COM/CA

HAIR RITUEL BY SISLEY-PARIS: HOLT RENFREW, NORDSTROM, SAKS FIFTH AVENUE

HIMALAYA HEALTHY PLANET, HEALTHPLANETCANADA.COM

JEAN PAUL GAULTIER: HUDSON'S BAY, SHOP-PERS DRUG MART, JEAN COUTU, LONDON DRUGS

KAT VON D: SEPHORA, SEPHORA.CA

LA ROCHE-POSAY: LAROCHE-POSAY.CA. PHAR-**MACIES**

LASPA: LASPANATURALS.COM

LA VIE EN ROSE: LAVIEENROSE.COM

M.A.C COSMETICS: MACCOSMETICS.CA

MAGICSTRIPES: AMAZON.CA

NARS: HUDSON'S BAY, NORDSTROM, NARSCOS-METICS.CA

NEW ROOTS HERBAL: WELL.CA, AMAZON.CA

OLD NAVY: OLDNAVY.CA POPPY AND PEONIES: POPPYANDPEONIES.COM PRESIDENT'S CHOICE: LOBLAWS STORES

(CITYMARKET, REAL CANADIAN SUPERSTORE, PROVIGO, NO FRILLS) RODIAL: MURALE, SHOPPERSDRUGMART.CA

RENEW LIFE: HEALTH FOOD STORES ACROSS CANADA

SALTWATER COLLECTIVE: THE SALTWATER COL-LECTIVE.COM

SEPHORA COLLECTION: SEPHORA, SEPHORA.CA SILVER HILLS BAKERY: SELECT GROCERS, SILVERHILLSBAKERY.CA

SKINCEUTICALS: SKINCEUTICALS.CA

SMASHBOX: SEPHORA, SEPHORA.CA

SPROOS: SPROOSLIFE.COM

SUNCOAT: JEAN COUTU, WHOLE FOODS, SUN-COATPRODUCTS.COM

TED BAKER: TEDBAKER.COM/CA

VOLITION: SEPHORA, SEPHORA.CA

WINNERS: WINNERS.CA

YVES SAINT LAURENT BEAUTY: YSLBEAUTY.CA



beer and low-cal cocktails. Cheers!

We'd love to hear from you on social media! 🔰 📵 f @besthealthmag.ca

MAKEUP, ISTOCK



Meet your new cell phone plan

Until June 30th, receive a \$25 bill credit when you activate a Talk & Text plan*



Talk & Text Plan

BONUS MINUTES & TEXTS INCLUDED

\$18 /month

2 60 120 Canada-wide minutes*

60 120 text messages*

Other plans and phones available

Call **1-866-669-2193** today!

Simple and affordable cell phone service

- ✓ Individual and Shared plan options
- ✓ Wide selection of phones from *0

✓ Canada/U.S. plans for snowbirds

✓ Reliable national network coverage

More promotions available at simplyconnect.ca/promotions

*Offer shown is valid for new activations only and available until June 30, 2019 or while quantities last and are subject to change without notice. Double minutes, texts and data bonus applies with a 2-yr term on in-market Individual plans from \$18/mo to \$60/mo and on all Couples and Family plans; bonus not applicable with Canada/U.S. plans. Early cancellation fees apply with a 2-yr term. In-market wireless plan activations with a 2-year term are eligible for a bill credit: \$25 with Talk & Text plans; \$50 with Smartphone plans. Bill credit applies to account balance. Not applicable to Wireless Home Phone and Tablet activations. Credit will be reversed if service is discontinued or modified within the first 30 days. Other offers cannot be combined. Some conditions apply, call 1-866-669-2193 or visit simplyconnect.ca for details.